

FRST Center Nutrition

Firefighter Hydration



SOUTH DAKOTA
STATE UNIVERSITY

South Dakota First
Responders Support Training

WHY IS HYDRATION IMPORTANT FOR FIREFIGHTERS?

Dehydration:

- ↓ Performance
- ↓ Reaction Time
- ↓ Mental Capacity
- ↓ Perceived Effort

PPE worn in structural fire or active duty fire suppression causes heat accumulation and higher risk of dehydration and increased cardiovascular strain

HOW MUCH SHOULD FIREFIGHTERS DRINK?

General:

- ~10-12 cups for females
- 14-16 cups for males
- Intake spread throughout the day

Training:

- 1.5-3.5 cups/hour after training or intense exercise

WHAT SHOULD FIREFIGHTERS DRINK?

- Most fluid intake should be water
 - Mix ins or flavored water can help if it is easier to drink than plain water
- After activities in high heat or training for longer duration, add in electrolytes to balance sweat loss
 - Electrolyte packets that include sodium, potassium, and magnesium are most beneficial
 - Ex. LMNT, Liquid IV

