



HEAT/HYDRATION

Heat cramps are muscular pains and spasms that usually occur in the legs or abdomen. Heat cramps are often an early sign that the body is having trouble with the heat.

- Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and gently massage the area.

- Give an electrolyte-containing fluid, such as a commercial sports drink, fruit juice or milk. Water may also be given. Do not give the person salt tablets.

Heat exhaustion is a more severe condition than heat cramps. Heat exhaustion often affects athletes, firefighters, construction workers and factory workers. It also affects those wearing heavy clothing in a hot, humid environment.

- Signs of heat exhaustion include cool, moist, pale, ashen or flushed skin; headache; nausea; dizziness; weakness; and exhaustion.

- Move the person to a cooler environment with circulating air. Remove or loosen as much clothing as possible and apply cool, wet clothes or towels to the skin. Fanning or spraying the person with water also can help. If the person is conscious, give small amounts of a cool fluid such as a commercial sports drink or fruit juice to restore fluids and electrolytes. Milk or water may also be given. Give about 4 ounces of fluid every 15 minutes.

- If the person's condition does not improve or if he or she refuses water, has a change in consciousness, or vomits, call 9-1-1 or the local emergency number.

Hydrate Often- As temperatures rise, it is important to stay

hydrated. A good rule of thumb is to drink half your body

weight in ounces. A 200 lbs person should strive to drink

100 oz of water in a day, especially when sweating a lot.

Drink before you are thirsty, as this is a sign from your body

that you are fluid deficient. The extra restroom breaks this

may require aren't ideal, but it's better than the alternative!

See the urine comparison here to help return your body to

proper hydration levels. *Avoid alcohol and caffeinated drinks.*

Focus- On Your Surroundings and Protect Your Skin.

Anticipate- Know the Warning Signs of Heat Distress.

Correct- Take A Break and Keep Hydrated to Prevent

Overheating.

Talk- Plan Ahead and Be Prepared. Carry Supplies to Keep

Yourself Safe and Healthy.

Dehydration Urine Color Chart

The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.



Doing ok. You're probably well hydrated. Drink water as normal.



You're just fine. You could stand to drink a little water now, maybe a small glass of water.



Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

For more information visit www.urinecolors.com