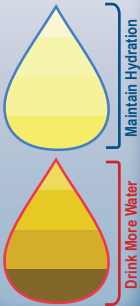


HYDRATION

Check Your Urine Color

URINE HYDRATION CHART



HOW MUCH WATER TO DRINK

Match the Heat Conditions with Your Work Intensity

Heat Category	WBGT Index	Heat Index	Easy Work	Mod. Work	Hard Work
			Fluid Intake in Quarts per Hour		
1 - Blue	78°-81.9°	78°-82°	1/2	3/4	1
2 - Green	82°-84.9°	83°-89°	1/2	1	1 1/4
3 - Yellow	85°-87.9°	90°-95°	3/4	1	1 1/4
4 - Red	88°-89.9°	96°-103°	3/4	1 1/4	1 1/4
5 - Black	90°+	104°+	1	1 1/2	1 1/2



U.S. Customs and
Border Protection

Office of Human Resources Management



WHAT TO LOOK FOR



WHAT TO DO

HEAT STROKE

- Confusion or agitation
- Unconscious
- Seizures
- Vomiting/ Nausea
- Rapid pulse and breathing
- Headache
- Weakness
 - Hot, dry skin or profuse sweating
 - High body temp

- **Call 911 right away**
- Rest in the shade or a/c
- Cool aggressively with ice, water, or fan
- Sip water
- Stay with individual until EMS arrives

HEAT EXHAUSTION

- Irritability
- Dizziness
- Headache
- Weakness
- Nausea
- Rapid pulse and breathing
- Decreased urination
- Thirsty

- Rest in the shade
- Cool with ice, water, or fan
- Sip water
- Stay with individual
- Seek help if vomiting, symptoms worsen, or last > 1 hour

HEAT CRAMP

- Muscle pain
- Spasms
- Typically affects abdomen, arms, and legs
- Heavy and prolonged sweating during activity

- Rest in the shade or a/c
- Cool with water, shade, or fan
- Drink water
- Massage cramp
- Wait for cramps to go away
- Seek help if vomiting, symptoms worsen, or last > 1 hour

