

5 REASONS WHY FIREFIGHTERS SHOULD LOVE WATER

HOW WATER KEEPS FIREFIGHTERS ALIVE...



FIRE SUPPRESSION

Fire needs oxygen to burn. Water submerges fire and cuts off its oxygen supply and puts it out.



HEAT ABSORPTION

Water is able to absorb heat - without increasing much in temperature - better than many substances. This allows it to cool its environment.



IMPROVES PERFORMANCE

With as little as a 2% shortage of body water, the ability to perform a high-intensity activity can be greatly impaired. A well hydrated firefighter is more prepared to meet the high physical demands of the fireground.



IMPROVES COGNITIVE THINKING

Dehydration affects sodium and electrolyte levels in the body, which is linked to cognitive changes affecting memory and attention span.



PREVENTS HEART ATTACK

The number one killer of firefighters is and has been heart attacks. Dehydration causes a drop in blood volume which causes blood to thicken. This makes it more difficult for the heart to pump blood throughout the body.

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