

SAFETY ALERT

Dehydration When Using Breathing Air



Dehydration occurs when fluid intake into the body does not keep up with the fluid lost in hot conditions or when exerting energy.

Dehydration can be accelerated when using self contained or supplied air breathing apparatus. (SCBA, SABA).

Working in breathing apparatus requires additional energy expenditure and the breathing air is considerably drier than normal air so the likelihood of dehydration is increased significantly, even when conditions are not hot.



Dehydration can be prevented by:

- 1. Drinking plenty of water.** 'Sport Drinks' (water with additional electrolytes and carbohydrates) can also be used but water remains the first choice.
- 2. Increasing water intake** when using a breathing apparatus. You can lose up to 1 liter of water an hour when exerting energy while wearing breathing apparatus.
- 3. Take rest breaks** in shaded or cooler areas.



Do NOT use energy drinks (i.e. 'Red Bull', 'Monster' and 'Rockstar') for rehydration. These caffeinated beverages actually accelerate dehydration.