

**National Interagency Coordination Center
Incident Management Situation Report
Monday, June 21, 2021– 0730 MDT
National Preparedness Level 3**

National Fire Activity:

Initial attack activity:	Light (90 fires)
New large incidents:	8
Large fires contained:	2
Uncontained large fires: ***	36
Area Command teams committed:	0
NIMOs committed:	0
Type 1 IMTs committed:	3
Type 2 IMTs committed:	12

Nationally, there are 10 fires being managed under a strategy other than full suppression.

***Uncontained large fires include only fires being managed under a full suppression strategy.

[Link](#) to Geographic Area daily reports.

[Link](#) to Understanding the IMSR.

Active Incident Resource Summary							
GACC	Incidents	Cumulative Acres	Crews	Engines	Helicopters	Total Personnel	Change in Personnel
AICC	11	13,768	20	5	5	566	5
NWCC	2	5,150	11	39	3	478	310
ONCC	1	165	1	2	0	29	0
OSCC	7	8,898	33	55	11	1,210	-39
NRCC	8	41,292	27	51	17	1,211	100
GBCC	11	52,094	27	74	23	1,308	81
SWCC	26	423,938	55	159	29	2,660	142
RMCC	6	9,685	5	22	5	358	143
EACC	0	0	0	0	0	0	0
SACC	3	5,495	0	10	2	71	0
Total	75	560,485	179	417	95	7,891	580

Southwest Area (PL 5)

New fires:	8
New large incidents:	2
Uncontained large fires:	9
Type 1 IMTs committed:	1
Type 2 IMTs committed:	4

Backbone, Coconino NF, USFS. IMT 1 (SW Team 1). Eleven miles west of Pine, AZ. Brush and timber. Extreme fire behavior with short crown runs, wind-driven runs and long range spotting. Numerous structures and energy infrastructure threatened. Evacuations, area, road and trail closures in effect.

* **Rock Butte**, Prescott NF, USFS. Three miles northwest of Drake, AZ. Short grass and brush. Extreme fire behavior with wind-driven runs, running and spotting. Area closures in effect.

Telegraph, Tonto NF, USFS. IMT 2 (NW Team 6). Two miles southeast of Superior, AZ. Short grass, chaparral and brush. Moderate fire behavior with running, flanking and backing. Numerous residences and energy infrastructure threatened. Evacuations, area, road and trail closures in effect.

Pinnacle, Coronado NF, USFS. IMT 2 (SW Team 3). Eighteen miles south of Bylas, AZ. Short grass, brush and timber. Active fire behavior with wind-driven runs, running and spotting. Residences threatened. Evacuations, area, road and trail closures in effect.

Horton, Apache-Sitgreaves NF, USFS. Five miles north of Hannigan, AZ. Timber and heavy slash. Active fire behavior with uphill runs, flanking and backing. Residences threatened. Area closures in effect.

Rincon, Sante Fe NF, USFS. IMT 2 (SW Team 4). Twenty-five miles northwest of Las Vegas, NM. Timber and brush. Minimal fire behavior with creeping and smoldering. Area and trail closures in effect.

Wyrick, Apache-Sitgreaves NF, USFS. IMT 2 (SW Team 5) mobilizing. Seven miles northwest of Heber, AZ. Timber litter and short grass. Extreme fire behavior with long-range spotting, short crown runs and group torching. Energy infrastructure threatened. Road closures in effect.

* **Rafael**, Prescott NF, USFS. Three miles northeast of Perkinsville, AZ. Brush and short grass. Extreme fire behavior with wind-driven runs. Structures threatened.

Slate, Coconino NF, USFS. Twenty-three miles northwest of Flagstaff, AZ. Chaparral and timber. Minimal fire behavior with smoldering and creeping.

Johnson, Gila NF, USFS. Twenty miles north of Silver City, NM. Timber and grass. Moderate fire behavior with flanking, backing and creeping. Area, road and trail closures in effect. Last narrative report unless significant activity occurs.

Incident Name	Unit	Size		%	Ctn/Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Backbone	AZ-COF	24,192	7,066	0	Ctn	7/15	324	73	8	7	4	0	1.8M	FS
* Rock Butte	AZ-PNF	732	---	0	Ctn	7/20	97	---	2	7	0	0	200K	FS
Telegraph	AZ-TNF	180,566	888	67	Ctn	6/30	692	-75	14	56	7	41	24.3M	FS
Pinnacle	AZ-CNF	31,715	2,932	26	Ctn	7/15	450	-3	5	29	4	0	6.3M	FS
Horton	AZ-ASF	1,490	100	0	Ctn	7/30	124	12	2	8	3	0	453K	FS
Rincon	NM-SNF	532	0	0	Ctn	7/2	65	-83	1	0	2	0	1.9M	FS
Wyrick	AZ-ASF	3,000	2,884	0	Ctn	7/31	91	0	3	3	0	0	150K	FS
* Rafael	AZ-PNF	1,000	---	0	Ctn	7/15	52	---	2	2	0	0	100K	FS
Slate	AZ-COF	11,435	0	85	Ctn	6/23	44	0	2	3	0	0	1.3M	FS
Large Fires Being Managed with a Strategy Other Than Full Suppression Without a Type 1 or 2 IMT Assigned														

Johnson	NM-GNF	84,900	1,804	9	Comp	7/15	153	-48	5	8	2	0	5.6M	FS
Poso	NM-CAF	2,057	---	55	Comp	6/24	82	---	1	4	1	0	1.4M	FS
Bear	AZ-ASF	500	---	0	Comp	7/31	20	---	0	0	1	0	10K	FS
Moore	AZ-ASF	400	---	0	Comp	7/31	10	---	0	0	1	0	5.1K	FS
Hobo	AZ-ASF	600	---	0	Comp	8/8	0	---	0	0	0	0	30K	FS
Drummond	NM-GNF	502	---	35	Comp	8/10	7	---	0	1	0	0	1.1M	FS

CAF – Carson NF, USFS

Rocky Mountain Area (PL 2)

New fires: 13
 New large incidents: 3
 Uncontained large fires: 5
 Type 2 IMTs committed: 2

* **Sylvan**, White River NF, USFS. Thirteen miles south of Eagle, CO. Timber litter and understory. Extreme fire behavior with running, torching and spotting. Structures and energy infrastructure threatened. Evacuations, area, road and trail closures in effect.

* **Oil Springs**, White River Field Office, BLM. IMT 2 (GB Team 3) mobilizing. Forty-two miles north of Grand Junction, CO. Timber and brush. Extreme fire behavior with running, crowning and spotting. Energy infrastructure threatened. Evacuations, area and road closures in effect.

* **West**, Little Snake Field Office, BLM. Thirty-five miles southeast of Rock Springs, WY. Timber and brush. Extreme fire behavior with crowning, group torching and running. Sage-grouse habitat and energy infrastructure threatened.

Trail Canyon, Ute Mountain Agency, BIA. IMT 2 (RM Team Black) mobilizing. Ten miles northwest of Red Mesa, CO. Brush. Active fire behavior with torching, backing and creeping. Structures threatened.

Collom, Moffat County. Twelve miles northwest of Meeker, CO. Chaparral and timber. Minimal fire behavior. Energy infrastructure threatened.

Incident Name	Unit	Size		%	Ctn/Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
* Sylvan	CO-WRF	150	---	0	Ctn	8/31	0	---	0	0	0	0	10K	FS
* Oil Springs	CO-WRD	5,000	---	0	Ctn	7/30	20	---	0	3	0	0	NR	BLM
* West	CO-LSD	500	---	0	Ctn	7/4	64	---	1	3	1	0	130K	BLM
Trail Canyon	CO-UMA	881	41	30	Ctn	6/25	125	60	2	4	2	0	600K	BIA
Collom	CO-MFX	640	0	95	Ctn	6/30	0	-1	0	0	0	0	360K	CNTY
Large Fires Being Managed with a Strategy Other Than Full Suppression Without a Type 1 or 2 IMT Assigned														
Robinson	WY-HPD	1,038	---	64	Comp	6/30	74	---	1	2	2	0	3.7M	BLM

HPD – High Plains District, BLM

Great Basin Area (PL 3)

New fires: 13
 New large incidents: 0
 Uncontained large fires: 6
 Type 2 IMTs committed: 2

Flatt, Cedar City Field Office, BLM. Five miles northwest of Enterprise, UT. Brush. Moderate fire behavior with creeping, group torching and backing. Structures threatened. Evacuations, area, road and trail closures in effect.

Pack Creek, Manti-La Sal NF, USFS. IMT 2 (GB Team 4). Fourteen miles southeast of Moab, UT. Timber and brush. Moderate fire behavior with single tree torching and smoldering. Structures threatened. Evacuations, area and road closures in effect.

Bear, Vernal Field Office, BLM. IMT 2 (CA Team 10). IMT is also managing the Bennion Creek fire. Three miles northwest of Helper, UT. Timber, grass and brush. Minimal fire behavior with smoldering. Transportation and energy infrastructure threatened.

Bennion Creek, Manti-La Sal NF, USFS. Twenty-three miles northwest of Helper, UT. Brush, chaparral and timber. Minimal fire behavior with smoldering. Trail closures in effect.

Cottonwood Valley, Southern Nevada District, BLM. Eight miles west of Las Vegas, NV. Brush and grass. Minimal fire behavior with smoldering.

Petrilla, Truckee Meadows Fire Protection District. One mile south of Reno, NV. Short grass and brush. No new information.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Flatt	UT-CCD	14,058	31	50	Ctn	6/27	280	62	8	21	3	0	1.8M	BLM
Pack Creek	UT-MLF	8,949	11	58	Ctn	7/31	549	-8	12	26	9	10	7.4M	FS
Bear	UT-VLD	12,170	0	65	Ctn	6/30	179	-108	2	9	5	1	6.9M	BLM
Bennion Creek	UT-MLF	8,313	0	63	Ctn	6/30	189	-49	4	6	5	0	5.2M	FS
Cottonwood Valley	NV-SND	373	0	90	Ctn	6/21	3	-26	0	1	0	0	634K	BLM
Petrilla	NV-TMFX	528	---	90	Ctn	UNK	24	---	0	4	0	0	550K	CNTY
Sandy Valley	NV-SND	1,380	0	100	Ctn	---	3	0	0	1	0	0	1.3M	BLM

SND – Southern Nevada District, BLM

Northern Rockies Area (PL 2)

New fires: 2
 New large incidents: 1
 Uncontained large fires: 4
 Type 1 IMTs committed: 1
 Type 2 IMTs committed: 1

Robertson Draw, Custer Gallatin NF, USFS. IMT 2 (NR Team 4). IMT is also managing the Crooked Creek fire. Seven miles south of Red Lodge, MT. Timber and short grass. Active fire behavior with flanking, backing and smoldering. Numerous residences and sage-grouse habitat threatened. Area, road and trail closures in effect.

Crooked Creek, Billings Field Office, BLM. Twenty-five miles east of Bridger, MT. Timber. Minimal fire behavior. Residences and energy infrastructure threatened. Area closures in effect.

Deep Creek Canyon, Helena-Lewis and Clark NF, USFS. IMT 1 (NR Team 1). Eighteen miles east of Townsend, MT. Timber and grass. Minimal fire behavior with creeping and smoldering. Residences threatened. Area, road and trail closures in effect. Precipitation occurred over the fire area yesterday.

Buffalo Pasture, Crow Agency, BIA. Ten miles southwest of Ft. Smith, MT. Timber and grass. Minimal fire behavior with smoldering. Precipitation occurred over the fire area yesterday.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Robertson Draw	MT-CGF	29,474	1,918	13	Ctn	6/29	328	32	5	23	6	26	3.6M	FS
Crooked Creek	MT-BID	5,400	0	20	Ctn	7/17	221	90	7	4	2	1	250K	BLM
Deep Creek Canyon	MT-HLF	4,648	0	48	Ctn	7/1	460	-2	11	7	6	7	3.6M	FS
Buffalo Pasture	MT-CRA	333	0	60	Ctn	10/15	64	-20	2	3	1	0	250K	BIA
* Reed Creek	MT-LG03	404	---	100	Ctn	---	0	---	0	0	0	0	225K	CNTY

LG03 – Yellowstone County

Southern California Area (PL 3)

New fires: 27
 New large incidents: 0
 Uncontained large fires: 6
 Type 2 IMTs committed: 1

Willow, Los Padres NF, USFS. IMT 2 (CA Team 11). Fifteen miles southeast of Big Sur, CA. Chaparral, brush and tall grass. Moderate fire behavior with uphill runs, flanking and backing. Numerous structures threatened. Evacuations, area, road and trail closures in effect.

Overland, San Diego Unit, Cal Fire. Three miles east of Mt. Laguna, CA. Tall grass, brush and chaparral. Moderate fire behavior with smoldering and uphill runs. Structures threatened.

Mojave, Mojave National Preserve, NPS. Five miles east of Halloran Springs, CA. Brush and short grass. Minimal fire behavior with smoldering. Structures and energy infrastructure threatened. Road and trail closures in effect.

Nettle, Tule River Fire Department, BIA. Fifteen miles southeast of Porterville, CA. Short grass and brush. Minimal fire behavior with creeping and smoldering. Numerous residences and energy infrastructure threatened. Road closures in effect.

Success 2, Tulare Unit, Cal Fire. Seven miles southeast of East Porterville, CA. Short grass and brush. Minimal fire behavior.

Alabama, San Bernardino Unit, Cal Fire. Eight miles west of Lone Pine, CA. Tall grass, chaparral and brush. Minimal fire behavior. Area and trail closures in effect.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Willow	CA-LPF	2,392	326	0	Ctn	7/11	451	-1	9	13	6	0	1.5M	FS
Overland	CA-MVU	515	172	25	Ctn	6/26	120	-6	1	12	3	0	414K	ST
Mojave	CA-MNP	2,490	0	65	Ctn	6/25	93	30	3	4	2	0	160K	NPS
Nettle	CA-TIA	1,800	100	35	Ctn	7/4	192	63	8	4	0	0	200K	BIA
Success 2	CA-TUU	800	0	90	Ctn	6/21	121	-51	3	5	0	0	750K	ST
Alabama	CA-BDU	560	0	80	Ctn	6/24	181	-74	7	15	0	0	1.6M	ST

Northwest Area (PL 2)

New fires: 8
 New large incidents: 1
 Uncontained large fires: 2
 Type 1 IMTs committed: 1
 Type 2 IMTs committed: 1

* **Cutoff**, Klamath Unit, ODF. IMT 1 (ODF Team 1) mobilizing. Six miles north of Bonanza, OR. Timber, brush and short grass. Extreme fire behavior with running, short-range spotting and torching. Structures threatened. Evacuations and road closures in effect.

S-503, Warm Springs Agency, BIA. IMT 2 (NW Team 8). Five miles southwest of Pine Grove, OR. Brush and grass. Moderate fire behavior with spotting. Residences, energy and communication infrastructure threatened. Evacuations in effect.

Incident Name	Unit	Size		%	Ctn/Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
* Cutoff	OR-981S	1,150	---	10	Ctn	6/29	250	---	4	18	3	0	850K	ST
S-503	OR-WSA	4,000	3,000	5	Ctn	7/2	228	143	7	21	0	0	20K	BIA

Alaska Area (PL 3)

New fires: 2
 New large incidents: 0
 Uncontained large fires: 2
 Type 2 IMTs committed: 1

Haystack, Fairbanks Area, Alaska DOF. IMT 2 (AK Team Black). Five miles northwest of Chatanika, AK. Timber. Minimal fire behavior with smoldering. Residences threatened. Precipitation occurred over the fire area yesterday.

Little Albert Creek, Upper Yukon Zone, BLM. Six miles west of Central, AK. Timber grass and understory. Minimal fire behavior.

Incident Name	Unit	Size		%	Ctn/Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Haystack	AK-FAS	927	0	31	Ctn	6/28	252	3	8	5	1	0	1.7M	ST
Little Albert Creek	AK-UYD	536	0	50	Ctn	7/10	45	0	2	0	0	0	183K	BLM
Large Fires Being Managed with a Strategy Other Than Full Suppression Without a Type 1 or 2 IMT Assigned														
Dry Creek	AK-TAD	9,985	0	0	Comp	7/10	30	0	1	0	0	0	117K	TRI
About Mountain	AK-SWS	2,135	0	60	Comp	6/30	94	3	3	0	2	0	938K	ST

TAD – Tanana Zone, BLM SWS – Southwest Area, Alaska DOF

Northern California Area (PL 2)

New fires: 9
 New large incidents: 1
 Uncontained large fires: 2

* **Cow**, Shasta-Trinity Unit, Cal Fire. Three miles southwest of Millville, CA. Tall grass and brush. Moderate fire behavior. Evacuations and road closures in effect.

Dairy, Sacramento National Wildlife Refuge, FWS. Seven miles south of Willows, CA. Timber, brush and tall grass. Minimal fire behavior with smoldering and creeping.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
* Cow	CA-SHU	400	---	10	Ctn	6/25	0	---	0	0	0	0	10K	ST
Dairy	CA-SWR	165	0	70	Ctn	6/23	29	0	1	2	0	0	250K	FWS

Southern Area (PL 1)

New fires: 2
 New large incidents: 0
 Uncontained large fires: 0

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Large Fires Being Managed with a Strategy Other Than Full Suppression Without a Type 1 or 2 IMT Assigned														
Rare II	FL-FNF	3,270	---	60	Comp	6/21	58	---	0	2	8	0	500K	FS

FNF – National Forests in Florida, USFS

Fires and Acres Yesterday (by Protection):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	FIRES	0	2	0	0	0	0	2
	ACRES	0	32	0	0	0	0	32
Northwest Area	FIRES	0	2	0	0	5	1	8
	ACRES	0	25	0	0	1,456	0	1,481
Northern California Area	FIRES	0	0	0	0	9	0	9
	ACRES	0	0	0	0	5	0	5
Southern California Area	FIRES	0	3	0	0	22	2	27
	ACRES	0	12	0	0	445	50	507
Northern Rockies Area	FIRES	0	0	0	0	0	2	2
	ACRES	0	0	0	0	0	2	2
Great Basin Area	FIRES	3	3	0	0	5	2	13
	ACRES	200	10	0	0	38	0	248
Southwest Area	FIRES	1	1	0	0	1	5	8
	ACRES	0	95	0	0	20	4,806	4,921
Rocky Mountain Area	FIRES	5	3	0	0	1	4	13
	ACRES	55	5,456	0	0	0	99	5,610
Eastern Area	FIRES	1	0	0	0	2	3	6
	ACRES	0	0	0	0	4	0	4
Southern Area	FIRES	0	0	0	0	2	0	2
	ACRES	0	0	0	0	1	0	1
TOTAL FIRES:		10	14	0	0	47	19	90
TOTAL ACRES:		255	5,630	0	0	1,969	4,957	12,811

Fires and Acres Year-to-Date (by Protection):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	FIRES	0	50	0	0	163	6	219
	ACRES	0	11,675	0	0	10,522	5	22,202
Northwest Area	FIRES	57	91	14	0	848	100	1,110
	ACRES	230	533	148	0	10,930	6,769	18,610
Northern California Area	FIRES	5	10	2	4	1,528	183	1,732
	ACRES	8	20	331	0.5	5,391	275	6,025
Southern California Area	FIRES	12	68	9	8	1,918	213	2,228
	ACRES	1,727	3,236	199	2,841	13,491	4,106	25,600
Northern Rockies Area	FIRES	712	21	6	1	478	151	1,369
	ACRES	34,917	571	256	20	18,083	20,310	74,157
Great Basin Area	FIRES	22	223	44	8	357	90	744
	ACRES	2,505	29,124	8	4	45,400	15,886	92,928
Southwest Area	FIRES	394	106	7	13	267	545	1,332
	ACRES	18,334	80,786	258	3,362	17,579	260,936	381,255
Rocky Mountain Area	FIRES	109	102	5	9	239	94	558
	ACRES	3,126	10,303	1,256	307	74,625	3,163	92,779
Eastern Area	FIRES	390	0	20	10	6,299	367	7,086
	ACRES	12,350	0	13,273	536	31,421	15,743	73,323
Southern Area	FIRES	373	0	50	35	11,731	359	12,548
	ACRES	28,684	0	10,344	8,183	235,669	27,304	310,183
TOTAL FIRES:		2,074	671	157	88	23,828	2,108	28,926
TOTAL ACRES:		101,880	136,247	26,073	15,253	463,111	354,496	1,097,061

Ten Year Average Fires (2011 – 2020 as of today)	24,933
Ten Year Average Acres (2011 – 2020 as of today)	1,616,319

***Changes in some agency YTD acres reflect more accurate mapping or reporting adjustments.

***Additional wildfire information is available through the Geographic Areas at <https://gacc.nifc.gov/>

Canadian Fires and Hectares

PROVINCES	FIRES YESTERDAY	HECTARES YESTERDAY	FIRES YEAR-TO-DATE	HECTARES YEAR-TO- DATE
BRITISH COLUMBIA	0	2,404	335	2,406
YUKON TERRITORY	3	129	20	1,054
ALBERTA	1	13,462	588	13,475
NORTHWEST TERRITORY	0	6,542	12	6,548
SASKATCHEWAN	1	12,436	159	12,448
MANITOBA	0	265,237	103	265,502
ONTARIO	6	28,890	393	28,918
QUEBEC	1	9,192	414	9,201
NEWFOUNDLAND	0	0	39	270
NEW BRUNSWICK	0	0	139	309
NOVA SCOTIA	2	1	105	200
PRINCE EDWARD ISLAND	0	0	1	0
NATIONAL PARKS	1	0	18	241
TOTALS	15	338,294	2,326	340,571

*1 Hectare = 2.47 Acres

Predictive Services Discussion: An upper low will approach the northern California coast with ridging building over the Intermountain West. Isolated dry thunderstorms are likely across parts of far northern California and southern and central Oregon in the afternoon and evening and possibly continuing overnight. Dry and windy conditions will develop across western and southern portions of the Great Basin, which may extend into southeast California. Thunderstorms are likely along and east of the Continental Divide in Colorado and New Mexico with strong to severe thunderstorms along and ahead of a cold front extending from the Northeast to the southern Plains.

<http://www.predictiveservices.nifc.gov/outlooks/outlooks.htm>



Heat Disorders

Firefighter Health & First Aid

Heat becomes a problem when humidity, air temperature, and radiant heat combine with hard work to raise body temperature beyond safe limits. Sweat is your main defense. Everyone on the fireline must understand the importance of drinking water often.

Heat disorders are a group of illnesses caused by prolonged exposure to hot temperatures, restricted fluid intake, or failure of the body's ability to regulate its temperature. The general term used for heat disorders is hyperthermia (pronounced hi-per-THUR-mee-uh).

- The three most common forms of hyperthermia are:
 - Heat cramps.
 - Heat exhaustion.
 - Heat stroke.

Heat cramps are the least serious form of hyperthermia. They are the first sign that the body is having difficulty with increased temperature. Heat cramps are a warning sign that more serious problems may soon develop.

Heat exhaustion is more serious than heat cramps. Heat exhaustion results when the body produces more heat than it can dissipate. The body may become dehydrated, or its temperature regulation system may begin to fail.

- Heat exhaustion is characterized by:
 - Weakness.
 - Extreme fatigue.
 - Nausea.
 - Headaches.
 - Wet, clammy skin
 - Dark yellow or orange urine.

Mental confusion may develop. This is a serious trigger point of the onset of heat stroke.

- The first steps in treating any form of hyperthermia include:
 - Moving the patient to a cooler location.
 - Providing the patient with cool water.
 - Giving the patient liquids that contain electrolytes.

Electrolytes are chemicals that occur naturally in the body and that maintain the proper balance of fluids in the body. The usual liquids given a patient are sports drink such as Gatorade. Heat exhaustion results when the body produces more heat than it can dissipate. Inadequate fluid intake is a major contributing factor. Treat heat exhaustion by resting in a cool environment, removing clothing so that sweat can evaporate, and replacing fluids and electrolytes.

Prompt treatment of heat cramps and heat exhaustion is usually successful. Patients recover in a matter of hours or, at most, a day or two. Heat stroke poses more serious problems.

Heat stroke is a medical emergency. Heat stroke is caused by failure of the body's heat controls – when sweating stops and the body temperature rises. Brain damage and death may result if treatment is delayed. Begin rapid cooling with ice or cold water, and fan the victim to promote evaporation. For rapid cooling, partially submerge the victim's body in cool water. Treat for shock if necessary. Provide oxygen if it is available. Whereas heat cramps and heat exhaustion may be treated locally, heat stroke patients should be medevaced off the line immediately, by air if possible, as their condition may worsen suddenly.

Although classic teaching describes a heat stroke patient as hot and dry, recent studies have shown that over 50% of heat stroke patients are sweating heavily. Typically, on the fireline we do not have medical thermometers. Therefore, the hallmark of heat stroke is altered mental status. You should suspect heat stroke if a firefighter is hot, fatigued, and shows some altered mental status, such as the inability to remember the day or the current situation. They may ask, "Where am I?"

● Heat stroke is characterized by:

- Hot, often dry skin.
- Body temperature above 105.8 degrees Fahrenheit.
- Mental confusion.
- Loss of consciousness, convulsions, or even coma.

You can prevent the serious consequences of heat disorders by improving your level of fitness and becoming acclimated to the heat. Maintaining a high level of aerobic fitness is one of the best ways to protect against heat stress. The fit worker has a well-developed circulatory system and increased blood volume. Both are important to regulate body temperature. Fit workers start to sweat sooner, so they work with a lower heart rate and body temperature. They adjust to the heat twice as fast as the unfit worker.

Resources:

[Interagency Standards for Fire and Fire Aviation Operations Fitness and Work Capacity, PMS 304-2](#)
<http://www.faqs.org/health/Sick-V2/Heat-Disorders.html>
[Incident Response Pocket Guide \(IRPG\), PMS 461](#)

Have an idea? Have feedback? Share it.

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