

Why are Firefighters at risk for RHABDOMYOLYSIS?

To understand why firefighters are at risk, consider the following factors:

- Engage in intense physical activity, often under extreme conditions.
- Experience high levels of heat stress, leading to muscle breakdown.
- Carry heavy equipment, increasing muscle strain and fatigue.
- Face prolonged exertion during rescue operations, risking muscle injury.
- May not hydrate adequately, contributing to muscle damage.
- Encounter traumatic injuries that can lead to muscle cell release into the bloodstream.