



Since the heat wave is unseasonal, the firefighters have not had time to acclimate and all the heat-associated illnesses are possible: heat stroke, heat exhaustion, exertional rhabdomyolysis, and even hyponatremia (should too much water be consumed without eating). The exercise should be postponed until the heat wave has passed or until the cadre has fully acclimatized to the heat and the physical demands of the exercise.