Emergency responder activities are intrinsically dangerous. The Emergency Responder Human Performance Laboratory is dedicated to conduct research and assist in developing guidelines that improve the occupational health and safety of emergency responders. We seek to improve performance and safety during firefighting, hazardous materials incidents, and emergencies resulting from chemical, biological, and radiological agents by improving knowledge and understanding of the physiological stresses that accompany work in various forms of personal protective equipment.

The ERHPL research program includes studies important to the fire service:
- Fireground Rehab
- HazMat Protective Clothing
- Balance while wearing bunker gear
- Firefighter fitness
- And more

Dedicated to promoting health and safety for fire, EMS, and law enforcement through research and education....

UNIVERSITY OF PITTSBURGH
EMERGENCY RESPONDER HUMAN PERFORMANCE LAB
3600 FORBES AVE, SUITE 400A
PITTSBURGH PA 15261

DID YOU KNOW?

There are approximately 1.1 million firefighters in the US. Of those:
- 35% or 385,000 firefighters are overweight
- 41% or 451,000 firefighters are obese
- 40% of all firefighters report high blood pressure, high cholesterol, or both
- 45% of firefighter line of duty deaths are caused by heart disease

Risk factors for heart disease include:
- Overweight/obese
- High blood pressure
- High cholesterol
- Smoking

Healthy eating and regular exercise can help to lower your risk for heart disease.

Dietary Guidelines for Americans 2005

Based on a 2000 calorie diet:

- Fruits: 4 servings = 2 cups
- Vegetables: 5 servings = 2.5 cups
- Grains/bread/pasta: 6 ounces
- Meat/bean: 5.5 ounces
- Milk: 3 cups
- Fats/oils: 24 grams = 6 teaspoons
- Snacks/discretionary: 267 calories
- Added sugar: no more than 32g = 8 tsp
- Alcohol: Men = 1-2; Women = 1 drink/day

**Would you scoop 9.5 tsp of sugar into your mouth??**

Approximately 9% of your daily calories should come from sugar (30-60g). However, Americans often consume more than 20 tsps (80g) of sugar or more than 30% of their daily calories from sugar!!! How do you know how much sugar is in your food?

4 grams sugar = 1 tsp sugar

For example: 12 oz can of Coke contains 150 calories and 38 g of sugar. Divide 38 by 4 = 9.5 tsp of sugar!!

Watching your sugar intake is important when watching your waistline!

Learn more about healthy eating:

USDA Food Pyramid www.mypyramid.gov

CDC Portion Guide www.cdc.gov/nccdphp/dnpao