

HYDRATION ON THE JOB SITE

AVOID DEHYDRATION, HEAT EXHAUSTION AND HEAT STROKE

SYMPTOMS OF DEHYDRATION

- Decreased Productivity
- Increase in work-related accidents
- Decrease cognitive performance
- Decreased Visual Motor Tracking
- Reduced Short Term Memory
- Reduced Attention
- Dizziness
- Inability to remain stable standing
- Headaches
- Muscle Cramps
- Weakness
- Fatigue

SYMPTOMS OF HEAT EXHAUSTION

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle Cramps
- Nausea
- Pale or flushed skin
- Heavy or Profuse Sweting
- Rapid Heartbeat

The formula for proper hydration is as follows:

1. Divide your weight by half. If you weigh 150, your water intake should be 75 ounces of water per day. If you are in the hot sun or doing activities that are creating sweat then you need to add more water to your intake to balance the need and avoid dehydration.
2. When doing exercise or strenuous work add at least another 8 ounces for each half-hour of exercise or activity. Drinking water in smaller amounts during this time even if not thirsty is best. Drinking a little water every 15 minutes is ideal in hot active situations.
3. Keep in mind that your body also needs to have salts replaced during this time. Salt tablets and other salts are readily available and should be part of every lunch box!
4. Avoid drinking coffee and other caffeine drinks to insure proper hydration. Coffee as you know is a diuretic.
5. Avoid drinking alcoholic beverages.
6. Know other factors like certain medications, age and body or weight issues can create conditions where the other factors are multiplied. If you have any doubt about medications or health conditions make sure you check with the Doctor.