TOPIC: WATER WISDOM

Since heat stress often results from dehydration, staying properly hydrated is among the best ways to keep cool on a hot jobsite. But since you lose moisture whenever you sweat, breathe and urinate, dehydration is a real danger.

» Urine color is perhaps the best indicator of hydration level:
  » Clear/Pale yellow = Normal
  » Pale honey, transparent color = Normal, but should rehydrate soon
  » Cloudy and yellow = Rehydrate immediately
  » Dark yellow = Suffering from dehydration

Other signs of dehydration include:
  » Thirst
  » Fatigue
  » Muscle cramps
  » Nausea, dizziness or confusion
  » Hot, dry skin

// HYDRATION TIPS:
  » Keep a bottle of water handy and drink from it throughout the day.
  » Enhance your water intake with an electrolyte solution, sports drink, or salty snack.
  » Drink water before, during, and after your shift.
  » Make drinking a habit by starting and finishing each day with a glass.

Drinking water has a host of health benefits and the more you remember to do it, the more easily you’ll be able to beat the heat.