SAFETY BULLETIN #6

June 10, 2024

Hydration Awareness

Hydration

- ★ Sweat and construction go hand-in-hand. Drinking enough fluids is one of the most important things you can do to prevent heat illnesses.
- ★ Dehydration happens when you lose more body fluids than you take in. Common signs and symptoms include feeling thirsty, dark urine, headaches, dizziness/light headed, and muscle fatigue.
- ★ Fun Fact - Dehydration can occur during the winter too. How? Our “thirst response” can decrease by up to 40% in colder weather. When we’re not sweating, we are less likely to drink often.

Ways to protect yourself and team members

- ★ Make hydration a priority. Set a goal of drinking at least 64 oz of **water** (approximately 4 water bottles) per day, thirsty or not. During warmer months and with strenuous work, this amount will need to be increased. (Water regulates the body’s cooling system.)
- ★ Do not wait until you are thirsty to drink water. By the time the body tells you that you are thirsty, dehydration is already occurring.
- ★ Limit beverages with caffeine and sugar.
- ★ Caffeine is a natural diuretic and steals water from the body and tricks the body into feeling energized. This includes energy drinks.
- ★ Sugar increases your body’s water requirements. Don’t substitute sodas or Gatorade as water replacement.
- ★ Your urine can serve as an indicator of whether you are hydrated or not too. (Refer to the P-Chart for guidance.) While you should not rely solely on this as an indicator, it can be helpful in gauging whether or not you need to drink more water.



Discussion Point:

- ★ How many people think they drink at least 64 ounces of water a day?
- ★ Do you keep up with how much water you consume or only drink with thirsty?