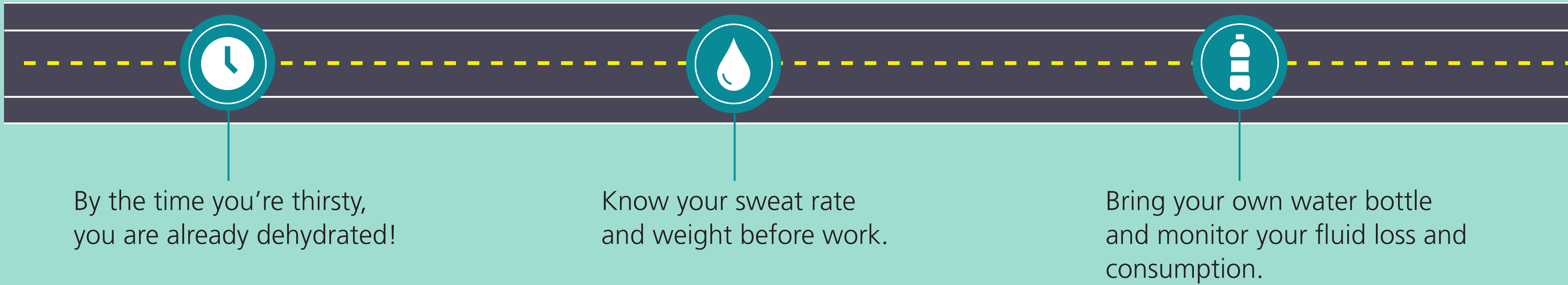


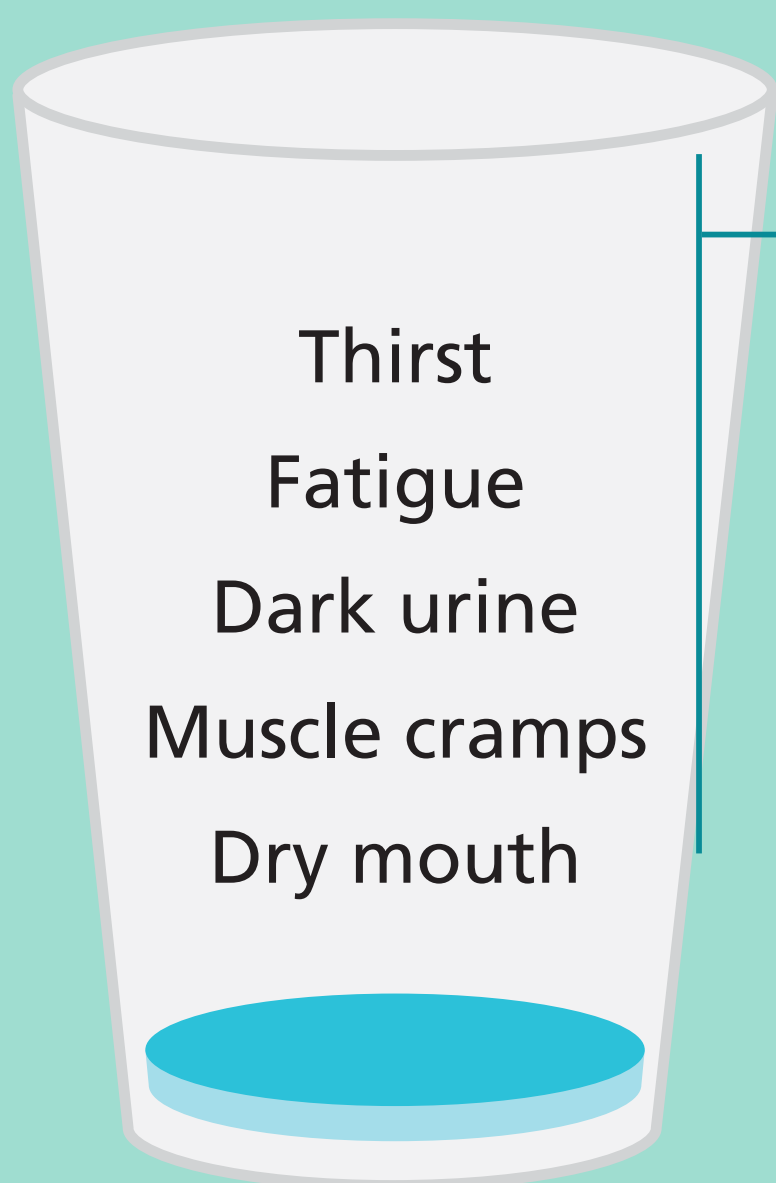
Heat and Hydration Guidelines For The Worksite

As little as a 2% decrease in your bodily fluids can result in a 10%-20% deficit in your performance.

Hydration Timeline



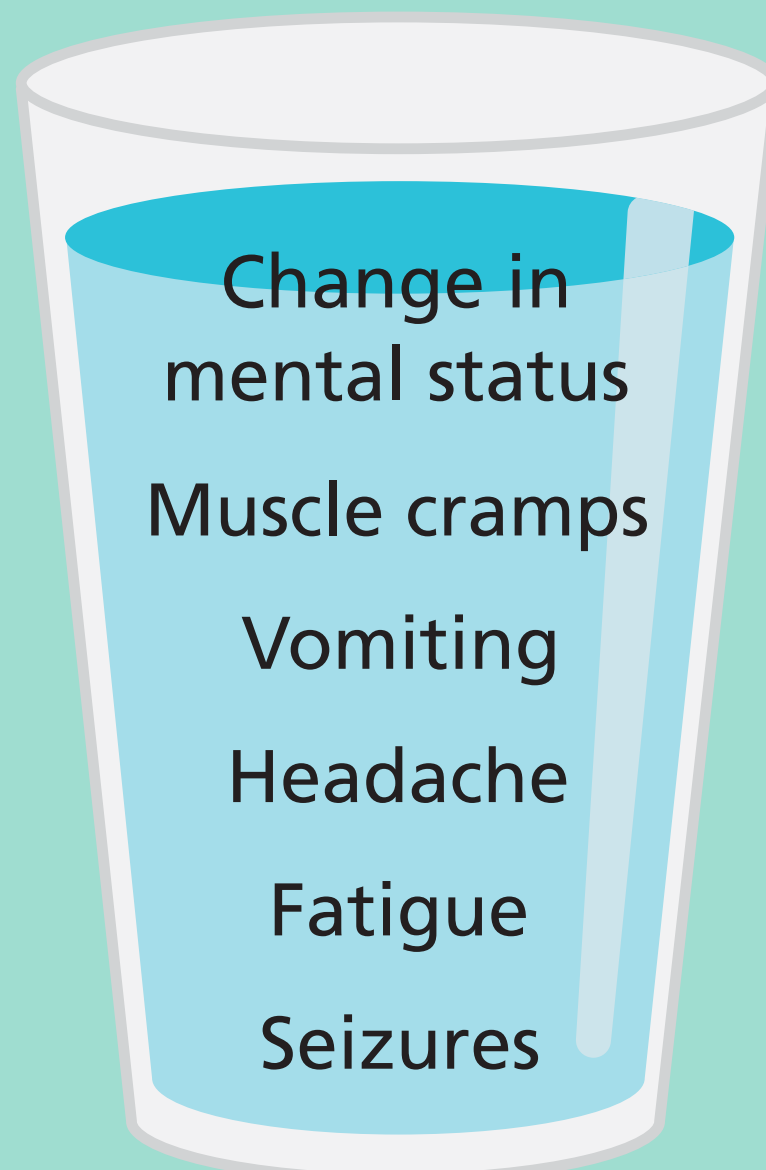
Know The Symptoms



Dehydration

Occurs when you lose more fluids than you take in.

vs.



Hyponatremia

Occurs when you drink too much water and your blood sodium drops to dangerously low levels.

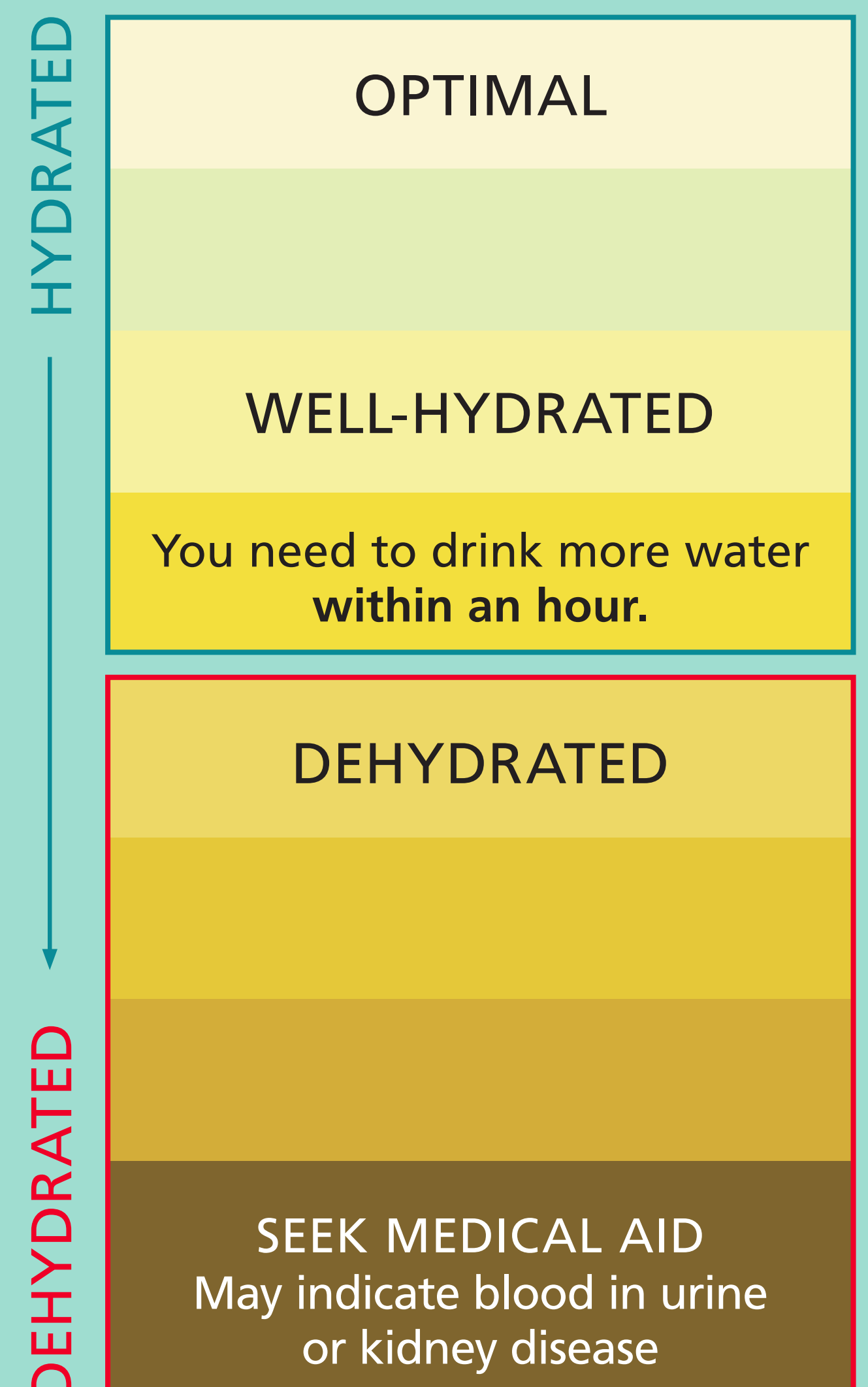
Avoid overheating:

Do not wear sweat-wicking clothing. Sweat naturally cools the body down, and the sweat-wicking absorbing material counters your body's effort to do this. Wear loose-fitting cotton on extra hot days.

Take breaks in the shade or indoors while consuming water.



Urine Color Chart



Tips To Stay Hydrated:

Schedule

hydration breaks and follow the hydration timeline.

Eat

balanced meals.

Pay Attention

to your urine color.

Avoid

caffeinated drinks and sugar.

Know

You will lose more sodium and fluids during a hot day

