TOOLBOX TALKS

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.

DISCUSSION DATE: _____

EMPLOYEE PARTICIPANTS:

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Toolbox Talks are intended to facilitate worksite health and safety conversations. For more Toolbox Talks, please visit www.ergodyne.com/blog

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