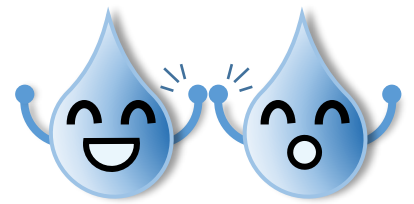


Hydration Appreciation

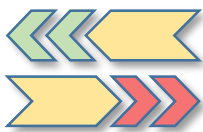


With temperatures heating up, proper hydration is more important than ever. Regularly drinking water can prevent dehydration, a condition that can cause unclear thinking, mood change, poor performance, heat illness, constipation and kidney stones.

Know Your Hydration Level: The Urine Test



Tips for Staying Hydrated on the Job



Hydrate Before, During and After Your Shift

Hydrating before work makes it easier to stay hydrated during your day. Hydrating after work helps you replace fluids lost during the day and decreases the overall stress and strain on your body.



Hydrate Frequently

Carry a water bottle. Drink 1 cup of water every 15-20 minutes when working in the heat. Hydrating regularly is better than drinking large amounts infrequently. Do not drink more than 48 ounces per hour.



Stick to Mostly Water

Drinking water along with eating meals is sufficient to maintain water and electrolyte balance. Unless you work prolonged hours of heavy sweating, sports drinks are unnecessary and can add excess calories to your diet.



Avoid Alcohol

Drinking alcoholic beverages can cause dehydration. Drinking alcohol within 24 hours can and will put you at increased risk of heat-related illness.