

**FACT:** 60 % OF BODY WEIGHT IS WATER. 80% OF THE BRAIN IS MADE UP OF WATER. 75% OF MUSCLE IS MADE UP OF WATER.

No doubt about it--water is critical. But the sad part is that the average person is chronically dehydrated and is not drinking enough fluids to properly hydrate their body. Dehydration is very serious especially in extreme heat conditions and can result in death.

**FACT:** WATER CARRIES NUTRIENTS AND OXYGEN TO ALL CELLS IN THE BODY, HELPS CONVERT FOOD INTO ENERGY AND REGULATES BODY TEMPERATURE.

Your body depends on water for survival. Having a well-designed heat stress program is the key to keeping workers hydrated. Availability, delivery and palatability are examples of things to consider in a heat stress program to ensure workers are staying hydrated throughout the day.

**FACT:** JUST 2% DEHYDRATION RESULTS IN A 20% DECREASE IN WORK AND MENTAL PERFORMANCE.

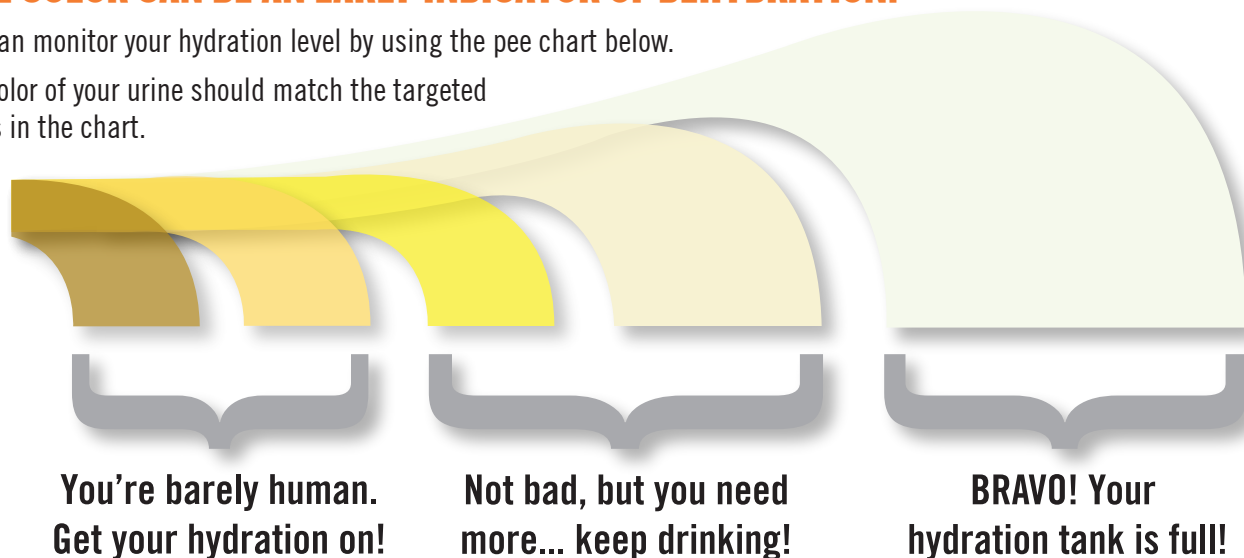
Work performance drops off with just as much as a 2% water loss. Inadequate hydration = Loss of Productivity. The brain won't work properly, making a worker feel groggy, slow, and out of it. When dehydrated, it's harder for your body to regulate its temperature, making you feel overheated, or you may feel chronically cold and unable to get warm. Your kidneys can't function as well, which allows toxins and wastes to back up in your body and make you feel generally crummy.

**FACT:** IT'S EASIER THAN YOU THINK TO GET DEHYDRATED.

You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is really hot. If you don't replace the water you lose, you can become dehydrated. It doesn't take much. According to Cal/OSHA requirements, an employer must provide enough water for every employee to be able to **drink one quart of water per hour** (that's two gallons per employee for an eight-hour shift).

## URINE COLOR CAN BE AN EARLY INDICATOR OF DEHYDRATION.

- » You can monitor your hydration level by using the pee chart below.
- » The color of your urine should match the targeted levels in the chart.



### TIPS FOR STAYING HYDRATED.

- » Keep a bottle of water with you (and drink it!) throughout the day.
- » Enhance your water intake with an electrolyte solution. Water alone cannot sufficiently replace electrolytes to prevent heat stress. Pure water is absorbed slowly and cannot be retained in the extra cellular cavity. The rate of absorption of electrolyte drinks compared to water is significantly faster in the first minute.
- » If you're going to be working in any sort of heat (indoors or out), make sure you drink water before, during and after your shift.
- » Start and end your day with a glass of water.

\*Excerpts taken from [familydoctor.org](http://familydoctor.org) & [http://www.kendrickfincher.org/hydration\\_facts.htm](http://www.kendrickfincher.org/hydration_facts.htm)