

UNDER THE INFLUENCE OF WATER!

Hydration Program

Throughout the practice of physical work or activities in the **heat**, sweat output can frequently surpass the amount of fluid intake, which can lead to a framework of **dehydration**.

The most effective mediation to secure workers their health and productivity when working in hot environments is to ensure adequate hydration. An adequate level of hydration is essential to dissipate the heat caused by physical work, with the blood plasma performing both transporting the heat to the body surface and as the origin of the fluid lost in sweating.

PREVENT DEHYDRATION!

Water characteristics

The water provided in the workplace such as the **temperature lower than 15°C (59°F)**, it has to be **drinkable** and with an **easy access** from the work area



Water intake

If the worker will work in the heat performing **moderate activities** for less than two hours it is necessary to drink **1 cup (8 oz.) of water** every **15-20 minutes**



For individuals during prolonged sweating for **several hours**, it is necessary the intake of **sports drinks containing balanced electrolytes**

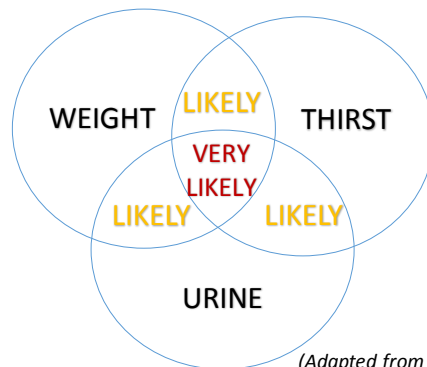
Avoid alcohol and drinks with high caffeine or sugar!



In general, fluid intake **should not** be more than 6 cups per hour

Hydration Assessment

If in the workplace setting a scale is not available for the measurements of body weight, the association first-morning urine color and thirst may support the indication of the presence of **dehydration**.



(Adapted from Gatorade Sports Science Institute)

Urine Chart

Urine Color	Recommended Action
Pale straw color	Probably well hydrated. Drink water as normal.
Transparent yellow	Drink a little water now maybe a small glass of water.
Dark yellow	Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole (1/2 liter) of water if you are outside and/or sweating
Amber or honey	Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.
Syrup or brown ale	Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See the doctor.

(Adapted from NIOSH)