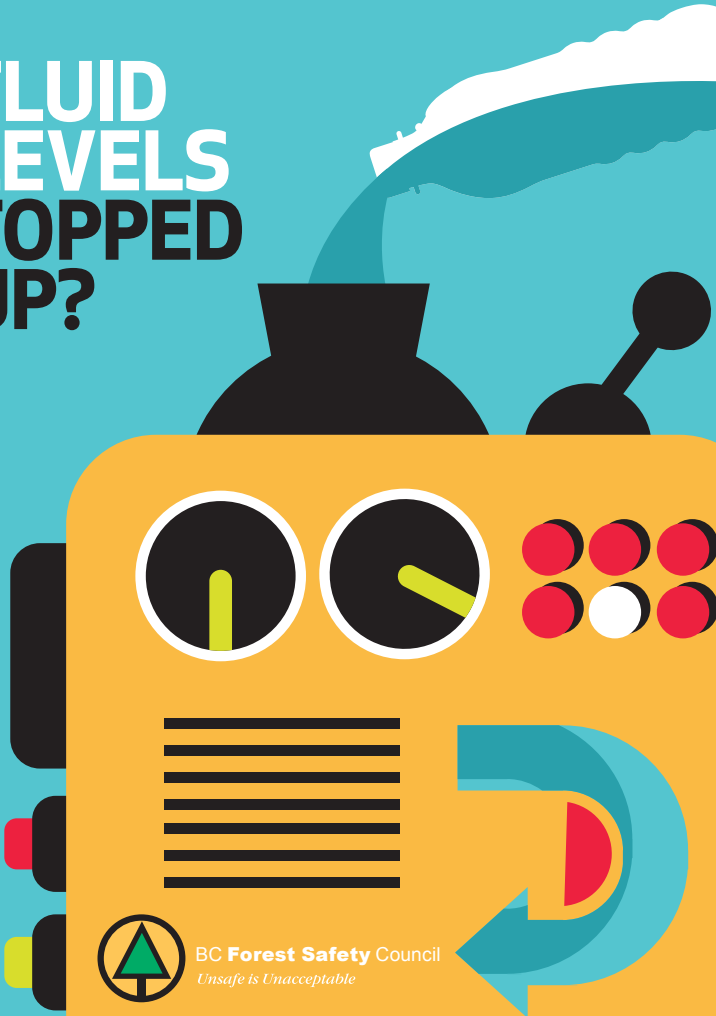


FLUID LEVELS TOPPED UP?



BC Forest Safety Council
Unsafe is Unacceptable



MAINTAIN YOUR MACHINE STAY HYDRATED

75% of Canadians are Dehydrated!

On average, Dieticians of Canada recommend 2.2-3 L of fluid per day.

Fluids can be water or other beverages such as milk, juice, coffee and tea. Fluids also come from things we eat like soup, fruit and veggies etc. Water is one of the best fluid choices; and its true most people need 9 -13 cups of fluid each day, but it doesn't need to only come from water.

Why Maintain your Machine?

Your body is just like your truck; fluids are essential in preventing break-downs. Fluids help keep you focused and energized. Here are some of the top reasons to keep hydrated:

- Flush out toxins.
- Keeps you regular!
- Controls body temperature.
- Cushions and protects joints, muscles and organs.
- Helps maintain a healthy weight.
- Helps keep a strong libido!
- Helps regulate blood pressure.
- Helps digestion and moves nutrients.



QUICK TIP

To limit trips to the restroom; sip don't slam. Increase daily fluid intake slowly, allow your body time to adjust.

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