

# FUELING UP FOR WORK: PROPER HYDRATION

- **START THE DAY OFF HYDRATED. IT'S HARD TO COME FROM BEHIND.**
- **DRINK 2 TO 3 CUPS OF WATER PER HOUR.**
- **AVOID CAFFEINATED DRINKS LIKE COFFEE, ENERGY DRINKS WITH SUGAR AND SODA**



**BC Forest Safety**

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# FUELING UP FOR WORK: PROPER HYDRATION



**BEING HYDRATED WHEN YOU START WORK MAKES IT EASIER TO STAY HYDRATED THROUGH THE DAY. YOU MAY NOT BE ABLE TO DRINK ENOUGH TO CATCH UP WITH YOUR BODY'S NEED FOR WATER.**

**IT IS IMPORTANT TO DRINK BEFORE FEELING THIRSTY. BY THE TIME YOU FEEL THIRSTY, YOU ARE ALREADY BEHIND IN FLUID REPLACEMENT.**

## FACTS ABOUT DEHYDRATION:

1. A person can sweat about a liter an hour doing heavy work.
2. Most workers exposed to hot conditions drink less fluid than needed because their thirst response is insufficient and lags behind the actual level of dehydration.
3. By the time a person is thirsty, he or she is already two to three percent dehydrated. Once this occurs, it's difficult to make up for the lost hydration.

## INDICATORS OF DEHYDRATION – URINE COLOR

1. The darker the color of urine, the more dehydrated the person is. Normal colored urine is pale yellow.
2. The urine of a person who is a bit dehydrated is bright yellow. The person should drink at least a cup of water or two.
3. The urine of a person who is very dehydrated is orange. The person should drink at least a liter of water or more.

## PREVENTING DEHYDRATION

1. Instead of depending on thirst, workers should drink cool water, 5 to 7 ounces, every 15 to 20 minutes.
2. Drink 8 to 10 glasses of water each day. Sports drinks (Gatorade or Powerade) are also good rehydration choices.
3. Do not consume caffeinated drinks, such as coffee and sodas. They increase urine output and make you dehydrate faster.
4. Drink before, during and after physical labor to replace body fluid lost through perspiration.
5. Stop working outdoors or in the heat at the first sign of dizziness, light headedness, or fatigue.
6. Wear one layer of light-weight, light-colored clothing when you are working outdoors. Replace sweat-saturated clothing with dry clothing as soon as you can.
7. Anticipate conditions that will increase the need for water, including high-temperature, humidity, wearing of protective clothing and difficulty of work.

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