

Location: _____ Instructor: _____ Date/Time: _____

TOPIC C470: HYDRATION (A)

Introduction: When working a physical job, in a hot or humid environment, outside, or while wearing stifling clothing or PPE, it's important to stay hydrated to help your body regulate its temperature. Today we will review how to do that.

Replace Lost Water

Staying hydrated happens when you replace the water you've lost through sweating, urinating and breathing. When you're working hard or in a hot environment, you can lose up to 47 ounces (over a quart) on a hot day (before having a heat illness).

What to Drink

Water is the best option to drink most of the time. Sports drinks and clear juices are also good because they have salts, or electrolytes, that the human body loses during excessive sweating. They are a great alternative to plain water because of their good taste and you may be more likely to drink more.

Excessive sugar, caffeine and alcohol can actually cause you to lose fluids. A frosty beer may be tempting, but remember, it will dehydrate you. In addition, alcohol also interferes with the body's ability to regulate its temperature.

When to Drink

Remember, the goal is to replace water you are losing, so it's better to drink smaller amounts of water more often, rather than all of it all at once. The recommended amounts of fluids to drink are a quart of water every hour, or a cup every 20 minutes.

Being thirsty is one indication you are dehydrated, however, by the time you are thirsty, you are already dehydrated. Also, thirst can be an unreliable indicator.

Your urine is another indicator of hydration. Clear urine may mean you are overly hydrated and that isn't ideal either. You want your urine to be a pale yellow. The darker it gets and the stronger it smells indicates a higher level of dehydration.

Regular Breaks and Meal Times

To help make sure you're drinking enough, drink water every time you take a break. Eating is another good opportunity to rehydrate, as food contains moisture that accounts for some of your daily fluid intake. In addition, whatever you drink with your meal is more easily absorbed. Skipping these breaks or meals deprives your body of needed fluids.

Conclusion: Proper hydration is one way to regulate your temperature, because having enough fluids allows your body to sweat, but it's not the only factor to prevent heat illness. You also want to take preventative cool down breaks in a location that is air conditioned, in the shade and/or with proper ventilation. Make sure to account the heat that can be added by your clothes and PPE.

Employee Attendance:(Names or signatures of personnel who are attending this meeting)

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These guidelines do not supersede local, state or federal regulations, and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.