

HYDRATION

One of the leading causes of a heat-related illness is dehydration. Dehydration occurs when the body does not get the amount of water it needs to function properly. The body naturally loses water through urination, sweating, crying, spitting, exercising, and breathing. Water can also be lost due to illness (i.e., fever, vomiting, etc.) and taking diuretics. To avoid possible health problems, you must recognize the hazards that can lead to dehydration and know how to protect yourself. Read the information below, and ask yourself if there are actions you can take to keep your body sufficiently hydrated.

RECOGNIZE THE HAZARDS

ENVIRONMENT

Exposure to hot temperatures can lead to a loss of bodily fluids. Signs of dehydration include a dry and sticky mouth, dark yellow urine, headaches, and cramps. Symptoms of severe dehydration include very dry skin, dizziness, rapid heartbeat and breathing, fainting, and lack of energy.

EQUIPMENT

Working in areas with little or no air conditioning causes the body to work harder to cool itself. Likewise, wearing personal protective equipment raises body temperatures and leads to sweating.

PERSONAL BEHAVIORS

Forgetting to drink water or consuming alcohol and caffeinated drinks can lead to dehydration. Older adults and persons with type-2 diabetes are at a higher risk of dehydration and must take extra care to replenish fluids.

KNOW THE DEFENSE

STAY HYDRATED

Drinking eight, 8-ounce glasses of water each day is recommended. Eating fruits and vegetables with high water content can also provide additional hydration. If you exercise or exert yourself at work, be sure to replenish those fluids in addition to your normal water consumption.

BE ATTENTIVE TO THE SURROUNDINGS

Monitor weather forecasts for hot temperatures and poor air quality warnings. Plan ahead and pack extra water and food with high water content. Plan frequent breaks to replenish fluids.

EAT FOODS WITH HIGH WATER CONTENT

Fruits

Cataloupe
Grapes
Grapefruit
Orange
Pineapple
Plum
Raspberry
Starfruit
Strawberry
Watermelon

Vegetables

Baby carrot
Bell pepper
Broccoli
Cauliflower
Celery
Cucumber
Iceberg lettuce
Radish
Spinach
Tomato