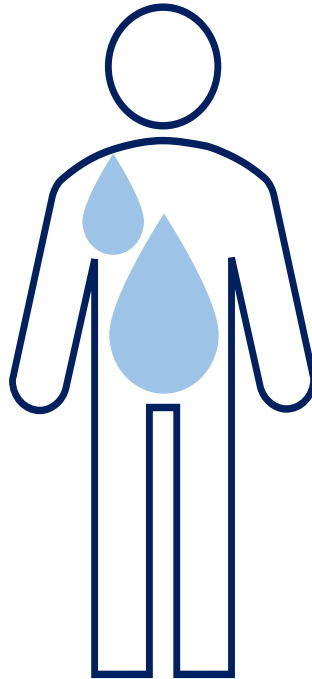




# Staying Hydrated

According to the US Department of Health and Human Services, the number of heat-related deaths has increased in each of the past three years. As temperatures rise, employers should develop and encourage good work practices that include acclimation programs, identification and prevention training for heat-related illness, and emphasis on the importance of health and proper hydration.



### Facts About Dehydration

- Most heat-related illness starts with dehydration
- Employees doing strenuous work in the heat can sweat up to a liter an hour
- Waiting until thirst begins puts you at a disadvantage as you're likely already in the early stages of dehydration.
- The darker the urine, the more dehydrated you potentially are — normal is light yellow to clear, early stages of dehydration is darker yellow, and dark yellow/orange indicates dehydration.

Well hydrated..... Severely dehydrated



### Hydration is essential to...

- Help regulate body temperature
- Lubricate joints in the body
- Deliver essential nutrients to cells
- Enhance cognitive function



Employees should start hydrating even before they start work. Encourage employees to take regular breaks and ensure they have water available to them, especially for those working in the field. Typically, drinking 6-8 ounces of water every 20-30 minutes is best to maintain proper hydration.



Drinking plenty of cool water (50-60°F is ideal as cold water can constrict blood vessels). Supplemented water such as sports drinks or other drinks with electrolytes to help maintain proper body chemistry, are sometime advantageous during periods of strenuous work or heavy sweating.



Caffeinated drinks, such as coffee, tea, energy drinks, and many sodas should generally be avoided as caffeine can increase urine output and cause dehydration at a faster rate.



Studies show that approximately 75% of adults work in a state of chronic dehydration, which can be worsened by high temperatures.

### Additional Resources

- TDI: Fluid Replacement Fact Sheet ([English](#) / [Spanish](#)).
- TDI: [Keeping Workers Safe in Texas Heat](#) (see bullet 4 for a variety of English & Spanish resources)
- OSHA – [NIOSH Heat Safety Tool App](#)
- TMLIRP [Online Learning Center](#): Dealing with Heat Stress
- TMLIRP T.I.P.S: Surviving the Texas Heat ([English/Spanish](#))
- TMLIRP [Media Library](#):
  - Heat Stress for Public Employees: Seeing Red #181
  - Don't Lose Your Cool #94, and Sun Safety #44