



OPERATION HYDRATION

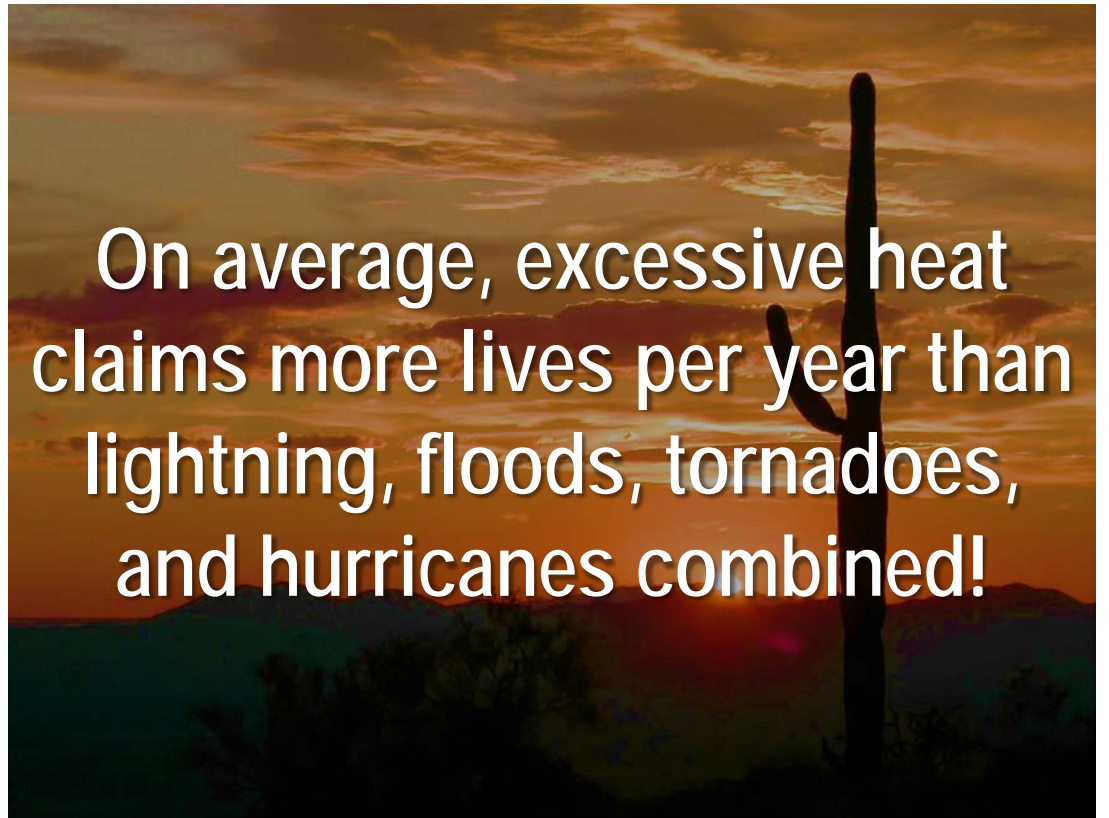
Our Mission: Educate, Encourage , Eliminate

- Create awareness of the importance of hydration
- Teach ways to recognize and prevent dehydration
- Provide the knowledge and tools to be successful
- Monitor progress
- Eliminate work-related dehydration



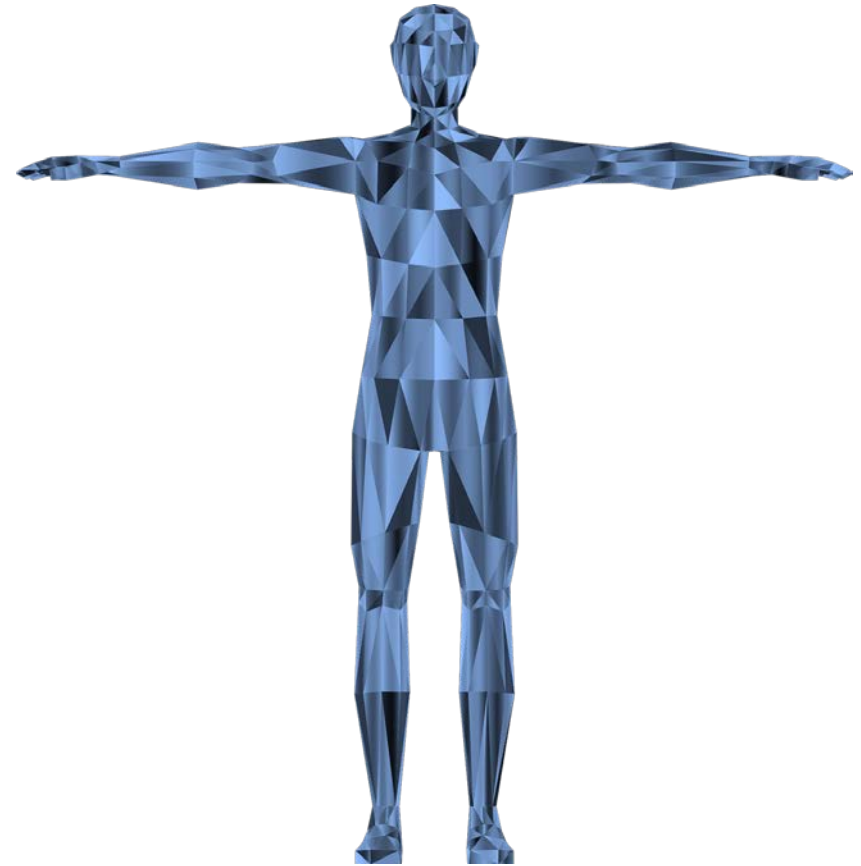
What is Dehydration?

- Dehydration occurs when you use or lose more fluid than you take in and your body does not have enough fluid to carry out its normal functions
- Dehydration is serious and can be life threatening



Why is Hydration So Important?

- The body is composed mostly of water (up to 75%)
- Proper fluid balance determines how well our internal systems function
- Fluid allows our body to function at full capacity, preventing other health complications
- All living things need water!



Why is Hydration So Important?

- Used in every cell, tissue, and organ in the body
- Regulates body temperature
- Helps maintain brain function and concentration
- Moistens oxygen we breathe
- Makes up more than 80% of our blood
- Helps convert food into energy
- Helps body absorb nutrients
- Protects and cushions our vital organs
- Removes waste
- Makes up over 70% of muscle and 20% of bone
- Lubricates and cushions joints
- Protects the skin
- Increases immunity

Why is Hydration So Important?

Plain and simple, proper fluid balance impacts everything!

Everyday Water Losses (Normal)

- Breathing / Exhaling
- Urination and bowel movements
- Temperature control; sweating
- Evaporation

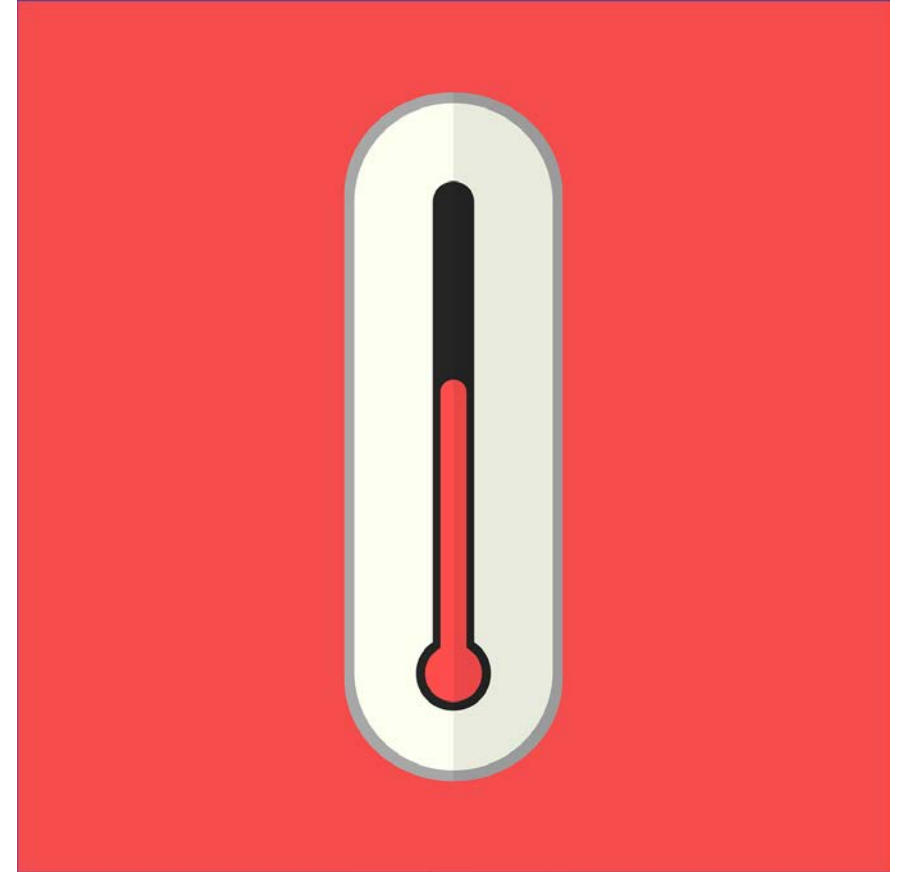
Even on a cold day, water is leaving the body!

Everyday Water Losses (Abnormal)

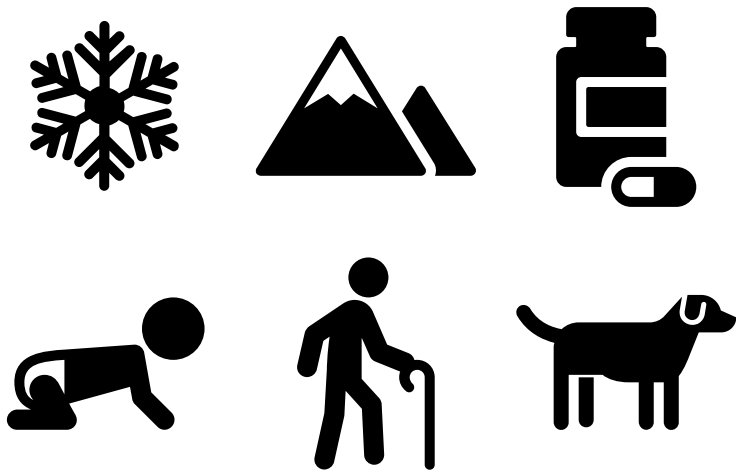
- Diarrhea
- Vomiting
- Excessive sweating
- Uncontrolled diabetes or other illness
- Burns
- Fever
- Inability to drink enough (nausea, physical limitations)

Risk Factors

- Serious chronic illness
- Work in settings with high temperatures, humidity, or direct sun exposure
- Strenuous physical labor
- Wearing heavy clothing, such as a chemical spill suit or PPE
- Athlete



Others at Risk



- Those working in colder climates
- Those working/traveling in high altitudes
- Those taking certain medications that contribute to dehydration
- Infants and young children
- Elderly
- Pets

Signs of Dehydration

- Thirst
- Sleepiness / Fatigue
- Dry, sticky mouth or cracked lips
- Dark colored urine or infrequent urination
- Headache, dizziness, or lightheadedness
- Reduced sweat, dry skin
- Loss of skin elasticity

Advanced Signs of Dehydration

- Constipation
- Increased heartrate and increased breathing
- Low blood pressure
- Cold and clammy skin
- Increased body temperature
- Unconsciousness
- Death

Tips for Travelers

- Drink 8oz of water before and after your flight
- Drink 8oz of water for every hour you are in the air
- Avoid alcohol and caffeinated beverages such as coffee, tea, cola, and energy drinks
- Apply skin moisturizer
- Use eyedrops for dry eyes
- Use saline nasal spray
- Eat high-water-content foods before, during, and after your trip
- Always drink bottled water, especially when traveling internationally
- Do not drink water from an untreated water source (e.g., pond, lake, river, stream, creek)
- Periodically walk/move around during your trip

Tips for Athletes

- Drink at least 8oz of water before you begin and when finished with your activity
- If you are involved in a moderate to intense exercise or sports event that will last longer than an hour, drink at least 10oz of water within 15 minutes of starting to exercise
- Drink at regular intervals during your activity
- Add 8oz of water for every 10-15 minutes you exercise, particularly if in a hot environment
- Limit your salt intake
- Use sports drinks in moderation for electrolyte replacement
- If you feel faint or dizzy, stop exercising, sit in a cool place, and sip small amounts of water
- Let your body recover before continuing

Tips for Workers

- Avoid caffeinated and sugary drinks
- Energy drinks may give you energy for a short period of time but can ultimately increase dehydration
- Wear loose fitting or light colored clothing
- Move to a cooler place or seek shade, when possible
- Drink plenty of fluid to avoid thirst
- Replace fluid lost through perspiration
- Water or sports drinks are the best choice
- Monitor the color of your urine – it should be a light yellow color
- Eat high-water-content foods at lunch and breaks
- Drink more on windy days
- Take frequent breaks throughout the day
- Look out for coworkers
- Tell someone if you are feeling ill
- Working in a hot environment can cause you to sweat up to 2 liters (68oz) of water per hour—that's almost 4lbs of water weight!

Remember...

Replenish what you lose!

What Can You Do for Your Health?

Fluid needs will vary for each person, depending on things like health status, activity level, and the climate in which they live. Remember:

- Listen to your body!
- Make drinking water part of your daily routine
- Drink a glass of water when you get up in the morning
- Keep a water bottle by your desk at work
- Carry a container of water with you on the go
- Take a drink whenever you pass a water fountain
- Limit caffeinated and sugary drinks



More Tips for Your Health

- Drink in regular intervals - every 20 minutes
- Add a packet of sugarless flavoring or a slice of lemon, lime, or other fruit to offer flavor
- Drink a glass of water before your favorite food or beverage
- Eat foods that contain high water content
- Use moisturizing lotion on skin
- Follow a schedule when offering fluids to children and the elderly
- Check on each other regularly when conditions are extreme
- Follow guidelines when exercising, working, and traveling
- Always follow the advice of your healthcare provider
- Don't forget pets and livestock!

High-Water-Content Foods

- Strawberries
 - Watermelon / Cantaloupe
 - Baby carrots
 - Broccoli / Cauliflower
 - Lettuce
 - Green peppers
 - Cucumbers
 - Spinach
 - Radishes
 - Tomatoes
 - Popsicles
 - Sports drinks or flavored water
 - Smoothies
 - Gelatin
 - Soups/Broth (watch sodium content)
 - Chicken breast (up to 60% water)
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Remember...

- Dehydration does not happen quickly
- Pay attention to your body's warning signs and react appropriately
- Rehydration needs to begin immediately
- **Be prepared!**

Any Questions?

Who's thirsty?

