

OPERATION HYDRATION



Hydration Tips for Workers

- Avoid caffeinated or sugary drinks such as soda, coffee, and sweet tea.
- Avoid energy drinks. They may give you energy for a short period of time but will ultimately dehydrate you.
- Wear loose fitting and light-colored clothing when possible.
- If you feel overheated, lightheaded, or dizzy, move to a cooler place and sit down. Drink sips of water or a sports drink to rehydrate.
- Check on each other regularly for signs of dehydration. Tell someone if you feel ill or overheated.
- Try to drink at least 1 pint (2 cups) per hour to stay hydrated. Water or sports drinks are the best choices.
- Monitor the color of your urine. It should be a pale yellow color.
- Remember, by the time you are thirsty, you may already be dehydrated.
- Eat high-water-content foods for lunch and snacks such as watermelon and frozen grapes.
- Take frequent breaks throughout the day.
- Working in a hot environment can cause you to lose up to 2 liters of water per hour through sweat. Replenish what you lose.
- Always follow the advice of your healthcare provider.