

# DAILY HYDRATION

Safety Topic V6-0315

Health, Outdoors, Weather

Water plays a vital role for the human body, and it is important to understand the importance of hydration when it comes to keeping our bodies healthy. Proper hydration can prevent illness and keeps the body from overheating.

- Sweating can reduce the body's water level and this fluid loss may affect normal bodily functions if that fluid is not replenished soon enough.

Dehydration can occur when more water and fluids leave the body than have been taken in and if ignored, dehydration can become life-threatening.

- During the workday, dehydration can cause a lack of energy, irritability, headache, constipation, or dizziness, all of which can impact a worker's productivity and safety.
- Do not rely on the feeling of thirst to prompt you to drink water. Hydrate with fluids throughout the workday to prevent dehydration.
- Dehydration can become serious for everyone, no matter the time of year or work environment if enough fluids are not consumed throughout the workday.



When considering water intake used to hydrate the body, this includes drinking water, hydrating beverages, and the water contained in food.

- About 20% of a person's hydration comes from the food they eat and the remaining 80% comes from water or other beverages.

Drinking water is a great way to stay hydrated, but for moderate to strenuous work or when working in the heat, it may be beneficial to consume beverages with electrolytes.

- Although popular sports drinks can replenish electrolytes, beware of the high sugar content that may add unwanted calories or artificial sweeteners that may cause uncomfortable digestive symptoms in some people.

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## Discussion

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***How do you ensure you stay hydrated throughout the workday?***

***Why is it dangerous if someone becomes dehydrated while at work?***