

Hydration

Takeaways

- **Takeaway 1** – Thirst is a sign that your body is already dehydrated.
- **Takeaway 2** – It's easy to remember to stay hydrated when it's hot outside, but remember hydration is important all the time, not just when you're trying to cool down.
- **Takeaway 3** - Access to bathrooms is key to employees staying hydrated.

Water is one of those things that we all need but don't think much about. It regulates body temperature through sweating and respiration, keeps joints and muscles lubricated, and helps deliver oxygen throughout the body, among other benefits.

Staying hydrated, whether it's hot or cool outside, is a key healthy habit. But how much water do you need? When temperatures are high, a general rule of thumb is to drink water every 15 minutes, whether you're thirsty or not. Thirst is a sign that your body is already dehydrated.

There are many ways to encourage employees to hydrate while working. Look at these examples and consider what could work in your business:

- Make cool, clean water easily accessible – whether your worksite is in a temperature-controlled office, outdoors in the elements, or somewhere in between

- Install water bottle fill stations
- Encourage (or require) shade/water breaks
- Include water among the beverages you offer for meetings or events
- Consider phasing sugary beverages out of vending machines
- Give out reusable water bottles
- Put coolers filled with water bottles in work trucks



Take action (Complete one or more activities as a team)

A. **DEVELOP A TEAM HYDRATION PLAN:** Develop a plan by asking and answering these questions with your team:

- How will water be provided (i.e., water cooler in an office, water bottles in an ice chest)?
- Where can we access this water?
- Is there access to bathrooms nearby?
- How often will hydration breaks occur?
- Review this plan seasonally and update as needed.

B. **GROUP DISCUSSION:** What makes it difficult to stay hydrated throughout the day? What is under your control? What needs to be supported by management?

C. **TEAM PLAN:** Agree to remind each other to take hydration and shade breaks.

Find more information at: www.osha.gov/heat-exposure/water-rest-shade

**Safety talk
sign-in sheet**

Record your
attendees for
compliance.

Instructor's name: _____

Date of training: _____

ATTENDEE NAME (Print)

ATTENDEE SIGNATURE

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