

Q: Hot? A: Hydrate!

Workers can lose up to two gallons of fluid a day, causing fatigue and other heat-related illnesses that result in reduced productivity and lost time. Most workers will drink less than required because thirst is not an adequate indicator of the amount of essential fluids and electrolytes that have been lost. Use electrolyte-replacement beverages when heat and heavy exertion put workers in danger of dehydration.

Know the signs/symptoms of heat-related illnesses and monitor yourself and coworkers as you work in the heat.

Heat exhaustion symptoms include:

- Dizziness
- Fatigue
- Nausea
- Headache
- Excess sweating
- Cold, pale, clammy skin
- Great weakness
- Faintness



Help prevent heat stress by:

- Drinking lots of water; about 1 cup every 15 minutes
- Wearing lightweight, light colored and loose-fitting clothes
- Avoiding alcohol, caffeinated drinks or heavy meals