

Hydration

Why is it important to hydrate?

According to the American Heart Association, drinking enough water throughout the day helps the heart pump blood more easily through the body and allows muscles to work efficiently. If you're well-hydrated, your heart doesn't have to work as hard. Dehydration means your body lacks sufficient water, which could lead to life-threatening illnesses such as heat stroke.

Here are some tips to stay hydrated:

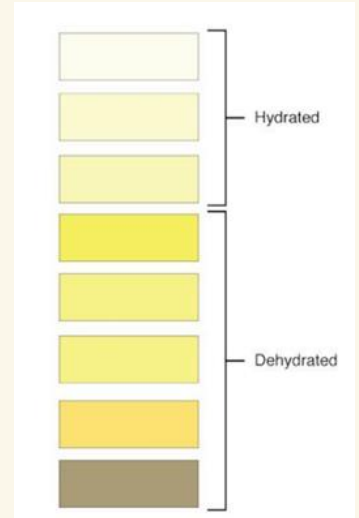
- Drink water before work. It makes it easier to stay hydrated throughout the day.
- Use simple strategies such as your urine color, your thirst, or urine frequency to estimate whether you are hydrated.
- Drink 1 cup of water every 15-20 minutes. It is important to make sure that cool, potable water is easily accessible.
- Avoid energy drinks, if possible, as they can have excess sugar and caffeine.
- Do not drink more than 48 oz (1½ quarts) of fluids per hour. Drinking too much water or other fluids can cause a medical emergency because the concentration of salt in the blood becomes too low. Pay attention to your own hydration to show what your fluid needs are.
- Continue to drink water after work to replace fluids you've lost through sweating.

How can you tell if you're dehydrated or hydrated?

The quickest way to know your hydration status is by counting how many times you've gone to the bathroom or examining the color of your urine in the toilet.

Researchers state that people who urinate at least 7 times per day are typically hydrated, whereas those who urinate less than 5 times per day may be dehydrated.

You can refer to the chart to assess your hydration based on the color of your urine.



Other Signs of Dehydration:

- Thirst
- Less urination
- Warm-to-the-touch skin
- Not sweating
- Being cranky or anxious
- Headache or confusion
- Fatigue
- Dizziness
- Dry mouth and/or a dry cough
- High heart rate with low blood pressure
- Not being hungry but craving sugar
- Flushed skin
- Swelling in the feet
- Muscle cramping
- Heat tolerance, or chills.
- Constipation
- Urine that's darker in color (light or clear)