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**Tool Box Safety Talk # 33 08-11-2024.**

**Topic: Hydration**

For Hydration is one of the most important things you should stay on top of, especially during the warmer months of summer. But why is hydration so important? Because our bodies function best with adequate water consumption. Most of our organ functions require water to work effectively.

Dehydration can lead to dizziness, fatigue, flushed skin, headache, impaired physical performance, and confusion. All these things make even mild dehydration dangerous in our daily lives, especially while on the job.

Here are 5 Myths and Facts about hydration and dehydration that are key to staying healthy:

**Myth:**

1. If you are thirsty, you are already dehydrated.
	* Your body is just telling you it would like water.
2. To avoid dehydration, drink as much water as you can.
	* Too much water may cause water toxicity, which may be fatal.
3. You can get dehydrated only by drinking liquids.
	* Salty foods or foods high in sodium are dehydrating.
4. Everyone needs 8 glasses of water a day to avoid dehydration.
	* Water consumption should be based on diet, physical activity, and environment.
5. If your dehydrated, drinking more water is the remedy.
	* Seek medical attention, IV fluids, drinks with electrolytes.

**Fact:**

1. Dark yellow urine may signal that you are dehydrated.
	* The urine color chart ranges from clear to dark yellow/brown. The lightest four colors indicate you are hydrated and the darkest four mean you are dehydrated. Brown means seek medical attention!
2. Some groups are at higher risk of dehydration than others.
	* Children, pregnant women, and some older adults due to vomiting from illness or medications.
3. Too little sleep may dehydrate you.
	* Less sleep may cause you to become dehydrated. Drink a glass of water when you wake.
4. Having a respiratory illness (COVID-19, Flu) make hydration especially important.
	* Vomiting, diarrhea, or fever will cause dehydration.
5. Hunger can be mistaken for thirst.
	* Drink a glass of water before deciding to eat. If still hungry, then eat!

Safety Recommendations: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Job Specific Topics: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**TRAINING ROSTER**

COMPANY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ JOBSITE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## SUPERVISOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**# 33 Hydration 08-11-2024.**

**ADDITIONAL TOPICS COVERED: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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