

HYDRATION

It is important to drink enough water and stay hydrated. Only 5% dehydration can reduce your ability to function by 30-40 %, and by the time you are thirsty, you are already dehydrated. That means your concentration and alertness drops, and it takes a lot longer for you to react to things. All this can affect your ability to work safely and get the job done.

WHEN ARE WE MOST AT RISK OF DEHYDRATION?

When we sweat to cool ourselves down we lose fluid from our bodies. If we do not replace this fluid, water is taken from our vital organs. This means that they will not work properly, and our body temperature increases. This can lead to heat stress, fatigue or heat stroke. (See Working Outside fact sheet).

SOME SIGNS OF DEHYDRATION INCLUDE:

- Tiredness
- Light-headedness
- Muscle cramps
- Dark coloured urine
- Constipation
- Thirsty/dry mouth
- Headache

HERE ARE SOME HELPFUL TIPS TO PREVENT DEHYDRATION:

- Drink water before you start work.
- Keep a water bottle with you and drink lots of water, even before you feel thirsty.
- If it is safe to do so, consider using a hydration backpack to keep water close at hand.
- Try not to drink very cold water. Room temperature water is absorbed faster.
- Avoid caffeine and alcohol before work, as they can cause dehydration.
- Eating lots of fruit and vegetables will help to hydrate you.
- Be aware that airconditioning in offices and on flights can dehydrate you as well

**FOR MORE INFORMATION GO TO
WWW.TRADIESHEALTH.COM.AU
AND SEE THE RESOURCES AVAILABLE.**

