

Occupational Health Advisory

Your Workplace is Heating Up – Stay Hydrated

Its heating up – here's how to stay cool and carry on.

Your body is 60-80% water:

Heart: 79% water
Brain: 75% water
Muscles: 75% water
Blood: 83% water
Lungs: 80% water
Kidneys: 83% water



It is so critical to stay hydrated and drink water on a regular basis, if you are thirsty you are already dehydrated.

Workers can sweat anywhere from 500ml to 2.5ltr per hour?

Did you know 3% dehydration can slow reaction times to the same extent as having a blood alcohol content of .08 and at .08 BAC you are 5 times more likely to crash your car?

Stay Hydrated plan:



Before work:

1 glass of water when you wake up
1 glass of water on your way out the door
Sip on a drink bottle on the way to work

At work:

Sip on your water bottle every **15 minutes**
Use hydrolyte products in your water, per the supplier recommendations.
Eat low protein meals (protein heats you up)
Monitor your output – *refer urine chart below*

ARE YOU DRINKING ENOUGH?	
	<ul style="list-style-type: none"> Very dehydrated Drink a large bottle of water immediately
	<ul style="list-style-type: none"> Dehydrated Drink 2-3 glasses of water now
	<ul style="list-style-type: none"> Somewhat dehydrated Drink a large glass of water now
	<ul style="list-style-type: none"> Hydrated – you are drinking enough Keep drinking at the same rate

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the colour of the urine for a few hours, making it bright yellow or discoloured.

Avoid energy drinks and excess caffeine, these do not help you become hydrated.



Anytime you are outdoors exposed to direct UV sunlight protect your skin.

- Sunblock is a good tool to do this however it requires regular application especially when you are sweating.
- Large brim sun hats are a good way to keep the sun off your face, neck and ears.
- Long sleeve shirts and trouser to protect your skin from the sun. Remember to stay hydrated.
- Cool it neck ties or vests are a way of keeping the core body temperature down when working outdoors throughout the hotter months. These systems are available from Paramount Safety through TWL.

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