

Hydration

Taking personal responsibility for one's own safety and well-being on the job is expected. You are encouraged to always work in a safe manner, to follow all of the safety guidelines, and to take time to think how your actions affect others and yourself.

To stay healthy during these hot months, be sure to stay properly hydrated.

According to a report posted at <http://www.wcponline.com/pdf/September%20Markovsky.pdf> as much as "80 percent of the US adult population goes through their normal day in at least a "mildly dehydrated" condition and "evidence from several studies seems to indicate that dehydration may be linked to job-related accidents."

You may know that being moderately to severely dehydrated can be associated with such conditions as heat exhaustion and heat stroke. Both of these conditions can be quite serious. However, did you know that being even slightly dehydrated can affect your ability to do your job to the best of your abilities? Dehydration can lessen both your physical and mental performance. It can affect your productivity and your agility. Also, dehydrated persons have been shown to faint more quickly than their hydrated counterparts.

So please take the time during your shift to drink enough fluids. Keep in mind that if you feel thirsty, you are probably already mildly dehydrated. Other signs of dehydration are (according to http://kidshealth.org/teen/safety/first_aid/dehydration.html#):

- feeling dizzy and lightheaded
- having a dry or sticky mouth
- producing less urine and darker urine

So if you are experiencing any of these signs, be sure to drink more fluids. Water is often the best choice. Avoid drinks that are caffeinated, as their diuretic properties can make your dehydration worse.