



SAFETY TALK

Protecting against worker dehydration

Workers are constantly exposed to elements that increase body temperature and deplete hydration levels.

What's the danger?

Dehydration - occurs when you lose more fluid than you take in.

Symptoms include:

- Thirst
- Fatigue
- Muscle cramps
- Nausea, dizziness or confusion
- Excessive perspiration
- Hot, dry skin

Dehydration can lead to other heat-related illnesses such as heat exhaustion and heat stroke.

How to protect yourself

- Have water easily and readily available
- Drink regularly – even when you are not thirsty
- Reduce caffeine intake
- Stay out of direct sunlight when possible
- Take regular breaks
- Know the symptoms and monitor yourself and co-workers
- Wear light weight, light colored, loose clothing to prevent excess sweating
- Stay up to date on day-time temperatures

Dehydration is easily prevented!

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Supervisor: _____

Performed by: _____

Location: _____

Concerns:

Corrective Actions:

Employee Name:

Employee Signature:

