

WORKER SAFETY

Hydration and Water Intake

Every system in your body depends on water. Do not wait until you are thirsty.

Dehydration impairs focus, coordination, and physical performance.

Workers in hot environments and physical roles must increase water intake.

01

How Much to Drink

A minimum of eight 8-ounce glasses of water per day for all employees.

Increase intake during hot weather, high-activity tasks, or if feeling unwell.

02

Dehydration Warning Signs

Dry mouth, muscle cramps, nausea, vomiting, and lightheadedness when standing.

If sweating stops during physical work, stop and drink water immediately.

03

Risk Factors

Exercise, hot environments, illness, and certain health conditions increase risk.

Pregnant or nursing employees have significantly higher water requirements.

04

Prevention

Keep a water bottle at your workstation. Sip regularly, not just when thirsty.

Drink before and after breaks. Do not rely on feeling thirsty as your only cue.

DAILY HYDRATION HABITS

Build these habits into every shift.

- ☐ Water bottle available and filled at the start of shift
- ☐ Drinking regularly, not waiting until thirsty
- ☐ Increasing water intake during hot or high-activity work
- ☐ Watching for signs of dehydration in myself and coworkers
- ☐ Taking water breaks during scheduled rest periods
- ☐ Reporting any symptoms of dehydration to supervisor
- ☐ Avoiding excessive caffeine or sugary drinks during shift
- ☐ Drinking a glass of water before and after every break