



# 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: \_\_\_\_\_

Performed by: \_\_\_\_\_

Supervisor: \_\_\_\_\_

Location: \_\_\_\_\_

**Concerns:**

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**Employee Name:**

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**Corrective Actions:**

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**Employee Signature:**

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