

A message from Health and Safety

Hydration

Summer Readiness

**Are you well-hydrated?
It's easy to tell. Check the color of your urine.**

This is a quick and easy way to know whether you are hydrated, mildly dehydrated or severely dehydrated. The following dehydration urine color chart will help you use your urine color as an indicator of your hydration level and what actions you should take to help return your body back to a normal level. You are looking for: straw, light lemonade. If your urine is darker than pale yellow (apple juice colored) start drinking more water.



Things to KNOW

	<p>No Color, Transparent You're drinking a lot of water. You may want to cut back.</p>
	<p>Pale Straw Color You're normal, healthy and well-hydrated.</p>
	<p>Transparent Yellow You're normal.</p>
	<p>Dark Yellow Normal. But drink some water soon.</p>
	<p>Amber or Honey Your body isn't getting enough water. Drink some now.</p>
	<p>Syrup or Brown Ale You could have liver disease. Or severe dehydration. Drink water and see your doctor if it persists.</p>
	<p>Pink to Reddish Eaten beets, blueberries or rhubarb recently? If not, contact your doctor.</p>
	<p>Orange You may not be drinking enough water. Or you could have a liver or bile duct condition. Or it could be food dye. Contact your doctor.</p>
	<p>Blue or Green Certain bacteria can infect the urinary tract. Or food dye in something you ate. Or a medication. See your doctor if it persists.</p>
	<p>Foaming or Fizzing Could indicate excess protein in your diet or a kidney problem. See a doctor if foaming happens all the time.</p>
	<p>OUTSIDE INFLUENCES Can change the color of your urine. Some medications, laxatives, chemotherapy drugs can make your urine darker than normal.</p>



Minimize the risk of dehydration during the hot summer days

Pre-hydrate

Drink plenty of fluids before your shift so that you are not starting your work day with a fluid deficit.

Water is the absolute best drink. Sports drinks should not be substituted for water. If one perspires heavily, a low-calorie sports drink is acceptable to replace lost electrolytes (e.g., Powerade or Gatorade).

Avoid Ice Cold Drinks

Cold water causes the blood vessels in the stomach to constrict, reducing the rate of fluid absorption. **Cool water** is absorbed faster, which is important to keep you hydrated when working in the heat.

Food that contains water is one of the primary means by which we replace lost fluids. Ensure your diet includes leafy greens, fresh fruits and nuts to help replenish the electrolytes lost through sweat.

Symptoms of Dehydration

Mild to Moderate: dry skin, dry sticky mouth, tiredness or headache.

Severe Dehydration: extreme thirst, irritability and confusion.