

QUENCH THE THIRST!

Prevent Heat-Related Illness
Among Outdoor Workers



WHY STAY HYDRATED?

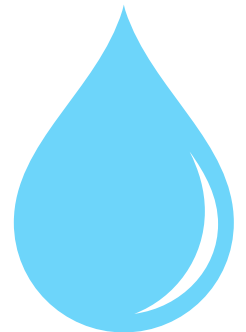
Sweating helps your body stay cool, but your body loses salt and other electrolytes through sweat. This can cause muscle cramps and other health problems. Staying hydrated is important to help prevent heat-related illnesses while working in hot temperatures and replace what is lost when you sweat.

HOW TO STAY HYDRATED

- **Water** is the best option! It's enough to keep you hydrated while you work.
- For longer periods of outdoor work lasting more than a few hours, consider drinks that have electrolytes.
- Eating regular meals will also help replace salt lost from sweating.

WHAT DRINKS TO AVOID

- **Sugary and caffeinated beverages**, like sodas and coffee, in large amounts
- **Energy drinks**, which can have more caffeine than coffee and more sugar than some sodas
- **Alcohol**, which can cause dehydration and increase the risk of heat-related illness



HOW OFTEN SHOULD YOU DRINK WATER

- **Do not wait until you are thirsty to drink water!**
- Drink water before, during, and after your shift to stay hydrated.
- Workers should drink:
 - At least 1 cup (8 ounces) of water every 15-20 minutes, which is about 32 ounces per hour.
 - Do not drink more than 48 ounces per hour.
 - Drink in short intervals, not all at once.



How much is 32 ounces?



YOU HAVE A RIGHT TO A SAFE WORKPLACE!

Employers are responsible for protecting workers from heat illness and should encourage proper hydration by:

- Providing water, rest, and shade to workers.
- Encouraging workers to drink an adequate amount of water.
- Equipping work areas with cool water in convenient locations.
- Providing electrolyte products for extended time working in heat.
- Educating workers on the importance of hydration.

OSHA National Emphasis Program on Heat:

[osha.gov/sites/default/files/enforcement/directives/CPL_03-00-024.pdf](https://www.osha.gov/sites/default/files/enforcement/directives/CPL_03-00-024.pdf)

- **OSHA Keeping Workers Well-Hydrated:** [osha.gov/sites/default/files/publications/OSHA4372.pdf](https://www.osha.gov/sites/default/files/publications/OSHA4372.pdf)
- **NIOSH Keeping Workers Hydrated and Cool Despite the Heat:** blogs.cdc.gov/niosh-science-blog/2011/08/12/heat-2
- **CDC Heat Stress Hydration:** [cdc.gov/niosh/mining/userfiles/works/pdfs/2017-126.pdf](https://www.cdc.gov/niosh/mining/userfiles/works/pdfs/2017-126.pdf)
- **NIOSH Workplace Safety & Health Topics - Heat Stress:** [cdc.gov/niosh/topics/heatstress/default.html](https://www.cdc.gov/niosh/topics/heatstress/default.html)
- **CDC Warning Signs and Symptoms of Heat-Related Illness:** [cdc.gov/extreme-heat/signs-symptoms/index.html](https://www.cdc.gov/extreme-heat/signs-symptoms/index.html)
- **NIOSH Heat Stress Alerts:** [cdc.gov/niosh/docs/2010-114/pdfs/2010-114.pdf](https://www.cdc.gov/niosh/docs/2010-114/pdfs/2010-114.pdf)