

# STAY HYDRATED

**Total** health

Drinking water is crucial to staying healthy and maintaining the function of every system in your body. While dehydration is always a hazard across industrial worksites, it is an even more serious concern during the hot summer months.

You can help prevent dehydration by:

- **Taking frequent water breaks**
- **Listening to your body and drinking water when thirsty**
- **Snacking on water-rich fruits and vegetables**
- **Avoiding caffeinated and sugary drinks**
- **Monitoring your urine, which should be pale yellow in color (above red line on the chart)**
- **Wearing light and loose clothing**
- **Rehydrating at the first signs of dehydration (dark urine, dry mouth, headache, dizziness)**

