



MADE SAFE NL

Important Reminders About Hydration

Healthy hydration is a win-win for employers and employees. Water keeps us functioning at our best by regulating our body's core temperature and flushing internal toxins from our system. It keeps our joints and muscles lubricated, which helps prevent musculoskeletal injuries. Dehydration has also been proven to slow reaction time in the same way as impairment, making errors in judgement more likely and can increase the potential for incidents and injuries.

To help stay hydrated, prioritize water consumption throughout your workday. Remember while at work, to keep your water bottles sealed and protected, ensuring they are not placed near chemicals, on work benches or counters (risk of contaminating your water).



If you have trouble remembering to drink water, get yourself into a routine. For example, drink water at regular intervals throughout your day: when you wake up, at breakfast, during breaks, lunch and dinner, and when you go to bed.

*Other tips for keeping everyone in the workplace **hydrated and healthy**:*

- Anticipate conditions that will increase the need for water, including: high temperatures, humidity, wearing protective clothing and the strenuous nature of the work being conducted.
- Water is always best for staying hydrated. Other drinks and foods can help you stay hydrated but may add extra calories from sugar to your diet.
- Drink cool water, which is absorbed more quickly by the body than warm or very cold fluids.
- Keep in mind that by the time you are thirsty, you are already about 2-3% dehydrated. Once you are dehydrated, it's difficult to make up for that lost hydration.
- You lose water each day when you sweat, and even when you breathe. You lose water even faster when you are physically active – as many employees are throughout the workday. Don't wait until you notice symptoms of dehydration to act. Prevent dehydration by ensuring regular hydration is an important part of your workday.

When workers are properly hydrated, they are healthier, safer and more productive, no matter the weather or working conditions.