

ARE YOU DEHYDRATED?

- It takes just a 2% loss of body water to become dehydrated
- If untreated, dehydration can lead to heat exhaustion or heat stroke

Like alcohol, dehydration can:



Reduce your concentration and slow reaction times



Impair your memory recall and negatively impact your mood



Impact your ability to do your job safely

Thirsty? You're already dehydrated!

To prevent dehydration:



Drink small amounts often, especially in hot environments



Try to schedule strenuous work to cooler times of day



Avoid energy drinks, they can increase dehydration

Urine colour can be a useful hydration indicator

HYDRATED

DEHYDRATED



1 2 3 4 5 6 7 8

NEED ADVICE? CALL HEALTHLINE 0800 611 116