

Did You Know...



DEHYDRATION

Our bodies are constantly losing water. And since water is what keeps our bodies functionally optimally by regulating our core temperature, carrying nutrients to our organs, and flushing out toxins, it is critical that we replenish the lost fluid.

Extreme heat and physical labour can increase the rate in which our bodies lose water, depleting our hydration levels and posing a health and safety risk.

Symptoms of dehydration include:

- Thirst
- Fatigue
- Muscle cramps
- Nausea, dizziness, or confusion
- Excessive sweating
- Hot, dry skin

How to Manage it:

- Make sure water is readily available
- Drink about 1 cup every 15-20 minutes
- Limit or avoid alcoholic, caffeinated and sugary drinks

Dark-coloured urine, and urinating less frequently are both signs your body is telling you it's dehydrated.
Do not ignore these signs!

