



# Safety Tip of the Week

*Your Safety Is Our Business®*

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## Heat Disorders - Dehydration

Hot conditions put your body under a lot of stress. Physical activity stresses the body even more. When heat is combined with physical activity, loss of fluids, fatigue, and other conditions can lead to a number of heat-related illnesses and injuries. Death is even possible.



Sweating is a means the body uses to maintain a stable internal body temperature in the face of heat. However, sweating is effective only if the humidity level is low enough to permit evaporation and if the fluids and salts lost are adequately replaced.

### Dehydration

Dehydration occurs when you lose more fluid than you take in and your body doesn't have enough water and other fluids to carry out its normal functions. If lost fluid remains unreplenished, you may suffer serious consequences.

Dehydration can cause symptoms such as:

- Dry, sticky mouth;
- Sleepiness or tiredness;
- Thirst;
- Decreased urine output;
- Few or no tears when crying;
- Muscle weakness;
- Headache; and
- Dizziness or light-headedness.

### Fluids

The first choice should be water. Workers should drink one cup of cool water every 15 minutes even if they are not thirsty.

We should replenish our loss of fluids through perspiration by regularly drinking water. Make sure everyone understands thirst is not a good indicator that body fluids need replacement.

**Heat Stroke Can Kill...Take Time to Cool Down...and Hydrate!!**