WORKPLACE HYDRATION VIDEO
HTTPS://WWW.YOUTUBE.COM/WATCH?V=FJLWS0WDE3G

HOT TOPIC!

Profits
Dry Up When Workers Are Dehydrated

Research Reveals Shocking New Facts About Dehydration In The Workplace
DEHYDRATION EXPLAINED

• Dehydration is an physiological state when you are in a fluid deficit, meaning you lose more fluids than you take in. During a state of dehydration the body loses it’s ability to carry out its normal functions.
Dehydration

Risk of **Voluntary Dehydration**!
It is possible not to feel thirsty even when you are dehydrated.

1. Perspire
2. Loss of body fluid
3. Drink Water
4. Body fluid thins out
5. Thirstiness stops but your brain tells you to go to the toilet.
6. Dehydration

This is called **Voluntary Dehydration**.
<table>
<thead>
<tr>
<th>Mild 2-3% fluid loss</th>
<th>Moderate 5-6% fluid loss</th>
<th>Severe 7-9% fluid loss</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>Little or no urine output</td>
<td>Rapid pulse</td>
</tr>
<tr>
<td>Dark yellow urine</td>
<td>Increased heart rate</td>
<td>Rapid breathing</td>
</tr>
<tr>
<td>Loss of appetite</td>
<td>Faster breathing</td>
<td>Low blood pressure</td>
</tr>
<tr>
<td>Tiredness or fatigue</td>
<td>Muscle cramps</td>
<td>Muscle spasms</td>
</tr>
<tr>
<td>Dry or flushed skin</td>
<td>Extreme fatigue</td>
<td>Confusion</td>
</tr>
<tr>
<td>Chills</td>
<td>Nausea</td>
<td>Chest of abdominal pain</td>
</tr>
<tr>
<td>Head rushes</td>
<td>Tingling hands and feet</td>
<td>Seizures</td>
</tr>
<tr>
<td>Constipation</td>
<td>Higher body temperature</td>
<td>No tears</td>
</tr>
</tbody>
</table>
DEHYDRATION = A REAL CONCERN

• 8 out of 10 employees are dehydrated
• 500,000 hospitalization annually
• 5.5 billion healthcare dollar spent annually
• Employees who are dehydrated:
  - call in sick more frequently
  - come to work in bad moods
  - eat unhealthy foods
  - process information slower
  - increased errors and accidents on the job
DEHYDRATION = DECREASED PRODUCTIVITY
WHAT EMPLOYERS CAN DO TO KEEP EMPLOYEES HYDRATED

- Employers are required by law to provide drinking water for their employees.

- Unfortunately some employees are still unclear how important employee hydration is. Employers should make water readily accessible and appealing to their employees, doing this will encourage hydration.

- Employees cannot expect their employees to drink out of water fountains because nearly ¾ of people will not drink from fountains! So, water fountains are not reliable water sources for employees!!!
WOULD YOU DRINK FROM THESE??????
....OR THESE?
SKEPTICISM OVER WATER QUALITY

- The recent water controversies in the news such as Flint, Michigan and Sebring, Ohio have made many people weary of public water sources, including fountains.
- 72% of people will not drink from water fountains due to concerns over contaminants.
- Water coolers are scrutinized as they are a breeding ground for micro biologicals.
- Employees are often tasked with bringing their own water source.
DETECTING AND AVOIDING DEHYDRATION

**Signs of dehydration**
- Fatigue
- Loss of appetite
- Flushed skin
- Heat intolerance
- Light-headedness
- Dark colored urine
- Dry cough

**Avoiding Dehydration**
- Drink 16-20 oz of fluid prior to beginning work
- Drink 6-12 oz of fluid every 10-15 minutes to replenish losses.
- Avoid caffeinated beverages such as coffees and teas, these beverages act as a diuretic.
KEY COMPONENTS OF A FORMALIZED HYDRATION PLAN

• Individualized hydration protocol based on physiological factors:
  • Gender
  • Height
  • Weight
  • Body composition
  • Genetic predisposition
  • Metabolic rate
  • Climate
  • Temperature
  • Humidity
  • Activity Level

• Hydration apps
• H2O challenges
• Access to quality and trustworthy water source
• Educational material on heat stress/dehydration
• Urinalysis screening
Am I Hydrated?
Urine Color Chart

This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated.

If your urine matches the colors numbered 1, 2, or 3 you are hydrated.

If your urine matches the colors numbered 4 through 8 you are dehydrated and need to drink more fluid.

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.
HEAT ILLNESS

• Exposure to extreme heat for extended periods of time can result in serious illness or even death
• Heat stroke is the most severe heat illness
• Heat exhaustion is less severe but still very serious
HEAT ILLNESS IN THE WORK PLACE VIDEO

HTTPS://WWW.YOUTUBE.COM/WATCH?V=D5DGCURDTSS
RISK FACTORS FOR HEAT ILLNESS

• High temperatures/humidity
• Direct sun exposure without wind or breeze
• Low fluid intake
• Strenuous physical labor
• Waterproof clothing
• No recent exposures to high heat
HEAT STROKE SYMPTOMS VS HEAT EXHAUSTION SYMPTOMS

Heat Stroke:
• Confusion
• Passing out or collapsing
• Seizures
• Failure to produce sweat or saliva

Heat Exhaustion:
• Headache
• Dizziness
• Weakness
• Clammy skin
• Thirst
• Nausea
• Vomiting
WHAT EMPLOYERS CAN DO TO HELP THEIR EMPLOYEES PREVENT HEAT ILLNESSES

• Compose heat illness prevention plans
• Provide heat illness training so that employees can recognize hazards and symptoms
• Provide access to plenty of cool clean drinking water
• Encourage employees to drink often and before they are thirsty, employees should drink every 15 minutes.
Heat Index
(Apparent Temperature)

With Prolonged Exposure and/or Physical Activity

- **Extreme Danger**: Heat stroke or sunstroke highly likely
- **Danger**: Sunstroke, muscle cramps, and/or heat exhaustion likely
- **Extreme Caution**: Sunstroke, muscle cramps, and/or heat exhaustion possible
- **Caution**: Fatigue possible