

Safety Committee's Monthly Tip

Hydration Safety Tips



Stay hydrated by drinking 6 to 10 glasses of water daily.

Carry a reusable bottle, sip before you feel thirsty, and replenish lost minerals with sports drinks if you are sweating heavily.

Watch for Warning Signs:

A simple rule of thumb for monitoring your intake is checking your urine; it should look like pale lemonade. If it is dark yellow, or if you do not use the restroom every 2 to 3 hours, you need to drink more fluids.

Eat Your Water:

You can get up to 20% of your daily fluids through food. Snack on fruits and veggies like watermelon, strawberries, and cucumbers

Pace Yourself:

Drink about 1 cup (8 ounces) of water every 15-20 minutes if you are active in the heat. Do not drink more than 48 ounces per hour.

Know the Limit:

Drinking too much water too quickly can dangerously dilute your blood's salt levels, causing a medical emergency called hyponatremia.