

WHEN DID YOU LAST HYDRATE?

The average person has approximately 2.6 million sweat glands that are activated when a part of the brain signals the body to cool down. As sweat evaporates from our skin, it facilitates heat loss and helps regulate body temperature. However, sweating also leads to the loss of valuable water.

Drinking enough water and having enough electrolytes is necessary for our bodies to function properly.

MAINTAINING HYDRATION:

- STAYING HYDRATED
- KNOW THE FACTS
- IMPROVING HYDRATION
- USE OF ELECTROLYTES



BC Forest Safety

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WHEN DID YOU LAST HYDRATE?



STAYING HYDRATED

Staying hydrated and maintaining electrolyte balance is crucial for our bodies to function and to perform at work.

The main way to regulate body temperature is through sweating. In hot, dry climates, 98% of heat loss occurs via sweat.

Manual workers can sweat up to 600ml per hour (6 litres over 10 hours). Failing to replace lost fluids reduces blood volume and raises body temperature.

Increased body temperature can lead to Heat Illness with symptoms like:

- dry mouth
- cramps
- headaches
- nausea
- dizziness
- disorientation
- fainting

HYDRATION FACTS

- 80% of your brain is made up of water.
- 92% of your blood is made up of water
- 1% dehydration results in thirst
- 1% dehydration will impair your physical performance
- 10% decrease in your mental performance when you feel thirsty.

IMPROVING HYDRATION

- Carry a water bottle
- Learn thirst signals to know when you're thirsty
- Eat foods with high fluid content
- Drink in between meals
- Make fluid intake a part of your daily routines
- Replace other drinks with water

USE OF ELECTROLYTES

- Preventing dehydration
- Maintaining electrolyte balance
- Delaying fatigue
- Providing energy for muscles
- Enhancing concentration at work



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