



North Carolina Wing Weekly Safety Blast



2018 - Topic #15 – Keeping Hydrated

Reason for this Blast:

We all have experienced it at some point – when working or playing hard – fatigue, your mouth begins to feel dry, your legs become heavy, and you may even get a headache. These are all common symptoms of dehydration.

Safety Points:

Causes of Dehydration:

When you are working hard, body fluid is lost through sweat. If the fluid lost through sweat is not replaced, dehydration and early fatigue are unavoidable. Losing even 2% of body fluids (less than 3.5 pounds in a 180-pound person) can impair performance by increasing fatigue and affecting cognitive skills.

When to Drink

Ensure you drink before you start working. Trying to catch-up on lost fluids can be difficult. Drink even before you get thirsty. By the time you're thirsty you are already dehydrated, so it's important to drink at regular intervals – especially when it is hot outside.



What to Drink

Water is truly one of the best things to drink. However, if you are not a water person, a lightly flavored beverage with a small amount of sodium can encourage even a non-water person to drink enough to stay hydrated. The combination of flavor and electrolytes in a sports drink, like Gatorade, is one of the best choices to help you stay properly hydrated.



What Not to Drink

During activity, avoid drinks with high sugar content such as soda and even fruit juices. These are slow to absorb into the body. Also, alcohol and caffeinated beverages should be avoided during these times.

How Much to Drink

This truly depends on your activity level and how quickly your body is losing fluids. When you are working and sweating, you should drink something at least every half-hour to ensure you are drinking enough to replace your lost fluids.



MAIN DISCUSSION POINT OF THIS SAFETY BLAST

When the temperatures heat up, remember to take time to drink plenty and stay hydrated!