

Avoid dehydration, drink plenty of water



Dehydration can be a contributor to injuries and incidents, and is especially a major risk during the summer months.

Dehydration can be brought on by a range of factors. These factors include but are not limited to:

- Working in hot weather/conditions
- Prolonged physical activity with limited fluid intake
- Gastro-like illnesses
- Excessive alcohol/drug consumption
- Burns
- Fasting
- Malnutrition

Whilst dehydration can be brought on by a range of factors, there are a number of common symptoms you might experience when dehydrated, including:

- Feeling thirsty
- Headaches
- Nausea
- Fainting/light headedness
- Fatigue
- Loss of appetite
- Dry mouth
- Sunken eyes
- Abnormally dark urine

Should you be experiencing any or all of these symptoms, you need to rehydrate as soon as possible.

PREVENTING INCIDENTS AND INJURIES

To help reduce the impact of heat and the onset of dehydration, follow some of the key points that are listed below.

Regularly drink fluids, preferably water

Water is the best fluid for hydration, you should be drinking 2-3 litres per day in normal everyday circumstances - more when working in the heat or outdoors

Drinks containing caffeine will dehydrate you

For every one cup of tea/coffee/soft drink you consume, drink two cups of water to rehydrate

Rest when possible, preferably out of the sun

Your body needs time to rest, try to do so out of direct sunlight, it allows your body to absorb water you are drink instead of sweating it out

Be mindful of your alcohol consumption, particularly when it is hot

Alcohol can contribute to dehydration as it reacts with the hormones in your body, causing you to produce more urine than normal.

If fasting, be wary of the type of work you are performing/accepting

Some fasting requires no water intake through the day as well, so you should be careful if accepting physically intensive work.