

6/16/17

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Company Name: Superior Waterproofing Job Name or #: _____ Date: _____

THE 10 COMMANDMENTS OF GOOD HYDRATION

1. Drink 1/2 ounce daily for every pound you weigh. A 150lb person drinks 75 ounces, or approximately 2.5 quarts.
2. Avoid diuretic beverages that flush water out of your body, such as caffeinated coffee, tea, soda pop, alcohol or beer.
3. Drink more water and fresh juices to maintain hydration during illness and upon recovery. Illness robs your body of water.
4. Start your day with 1/2 to 1 quart of water to flush your digestive tract and re-hydrate your system from overnight fast.
5. Drink water at regular intervals throughout the day. Don't wait until you're thirsty. Thirst indicates an already present deficiency.
6. Get in the habit of carrying a water bottle with you or keep one in the car or on your desk, convenience helps. Stuff it in your shoulder bag or waist pack water bottle pocket. Hiking suppliers have a nice selection of water-bearing belt packs and accessories.
7. Make a habit of drinking water. The reason most people don't drink as much as they know they ought to, is lack of time or being too busy. Decide to drink water before every meal. Set objectives for yourself such as drinking before you leave the house, and first thing upon your return, or before you start work. Take water breaks instead of coffee breaks. Fill a size glass you can finish or gauge yourself by the number of water bottles you drink during the day.
8. Increase your drinking when you increase your mental activity level, your stress level or exercise level.
9. Drink the purest water available.
10. Perspire. Exercise to the point of perspiration or enjoy a steam bath. Sweat cleans the lymphatic system and bloodstream. It is one of the best detoxification avenues available to us. Do sweat and do drink plenty of water afterwards to replace the loss of fluids. Drink more in hot weather.

More Summer Suggestions: Wear lightweight, light colored, loose-fitting clothing (cotton is good) and eat smaller meals.

Questions:

1. Symptoms of heat related illness? (Circle all the correct answers)
 - a. Headaches / Dizziness / lightheadedness
 - b. Upset Stomach or Vomiting
 - c. Muscle Pain
2. If a co-worker shows signs of heat stress/exhaustion I should (Circle all the correct answers)
 - a. Send him/her home
 - b. Move worker to cool, shaded area
 - c. Pour ice water over worker
 - d. Provide cool drinking water

Meeting Attended By _____

Supervisor's Signature _____