Hydration Guidelines

The table below gives general guidance on length of time between water breaks and a corresponding hydration target for each hour of work.			
Temperature	**Work Level**	**Maximum Minutes Worked Between Hydration Breaks**	**Hydration Target**
< 80	**Normal**		**8 – 12 oz / hour**
80 – 85	**Normal**		**8 – 16 oz / hour**
86 – 90	**Normal**	**50**	**12 – 20 oz / hour**
91 – 95	**Normal**	**45**	**16 – 24 oz / hour**
≥ 96	**Normal**	**40**	**24 – 32 oz / hour**

- ***If you are performing heavy or excessive work you will need to increase your hydration level and take more frequent water breaks.***
- ***People with a history of renal insufficiency or congestive heart failure need to be cautious of over hydrating.***

Roles & Responsibilities

Supervisor's Expectations (Designated during pre-job briefs & required when Hydration breaks are required)

1. Review the Hydration Guidelines during Pre Job Briefing for each job, establishing temperature threshold, maximum minutes between hydration breaks, and hydration target and document on the job briefing.
2. Observe water intake of self and others on the job for work being performed per the guidelines.
3. Monitor work/hydration break standard compliance, notifying crew when maximum duration between hydration beaks has expired.
4. Coach and intervene when break is required and hydration is not being met.
5. Discuss compliance with standard during post job brief and hydrate for the next job.

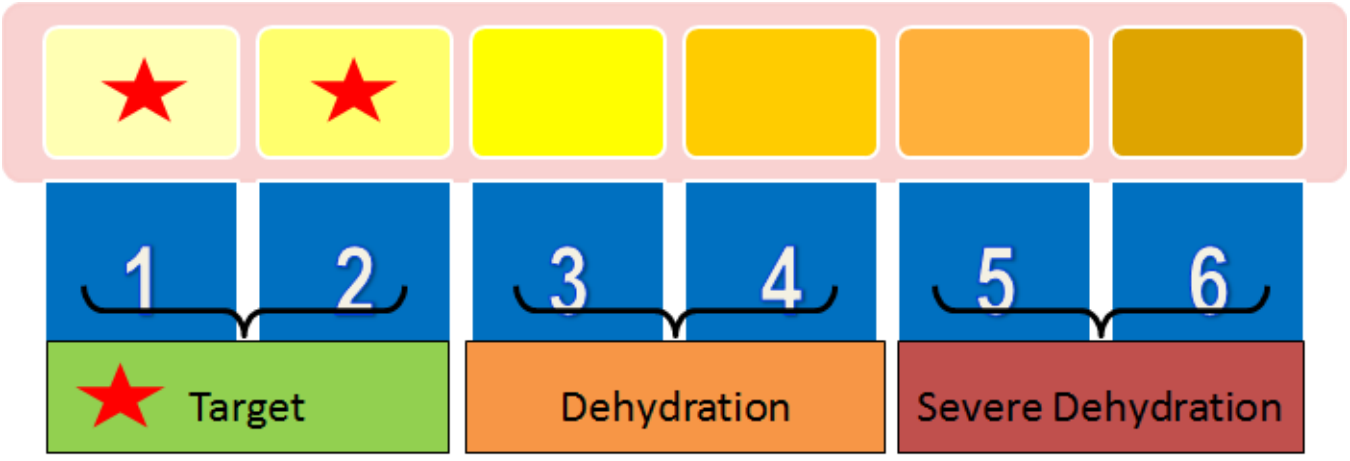
Employee's role

1. Discuss the weather each morning identifying temperature threshold and hydration guidelines that would apply.
2. Monitor self and peer checks others during hydration break.
3. Recognize personal factors that influence hydration breaks and your hydration target. Examples include health, medications, physical fitness, heat acclimation and other factors.

Hydration Guidelines

Heat Related Illnesses and First Aid		
Condition	**Description/Cause**	**First Aid**
Heat Rash	• Prickly heat, a skin irritation caused by sweat that does not evaporate from the skin • Red bumps on skin • Most common heat illness	• Rest in cool area, drink fluids • Keep skin dry • Monitor for infection
Heat Cramps	• Muscle spasms caused by heavy sweating and electrolyte loss • Usually affects large muscle groups such as legs, arms, abdomen • Can be caused by drinking large amounts of water without electrolytes	• Drink fluids with electrolytes • Rest in a cool place • Gently stretch cramped muscles then massage muscle
Heat Exhaustion	• Caused by insufficient flow of blood to the brain • Symptoms include heavy sweating, headache, nausea, vomiting, fatigue, dizziness, rapid pulse, fainting	• Move person to cool area, use fans or A/C, lie down on back, elevate legs, drink fluids • Loosen clothing, apply cool wet cloth or ice packs under armpits and groin area • If symptoms do not improve, seek medical evaluation • Do not leave person alone
Heat Stroke	• Life threatening medical emergency caused by failure of the body to cool properly • Symptoms include very high body temp, sweating stops, irritability, confusion, hot and dry skin, rapid pulse, dizziness, seizures, unconscious	• Call 911 immediately • Place worker in shady, cool area on their back with head tilted to the side • Wet worker with cool water • Apply ice packs in armpits and groin area • Drink fluids if possible • Do not leave person alone

Hydration Chart Based on Urine Color



Losing 2% of your body weight through sweat can negatively affect your performance.
Monitor your hydration level using the chart above.
The goal is for urine color to match the "Target" areas. (*1 &2*)