

Hydrate for Your Safety

Drinking enough fluids is one of the most important things you can do to prevent heat illness.

- ☑ Hydrate before, during, and after work.
- ☑ Drink 1 cup of cool water every 20 minutes - even if you aren't thirsty! Water is generally sufficient for short jobs. For longer jobs, drink an electrolyte-containing beverage.
- ☑ Avoid energy drinks and alcohol.
- ☑ Your work performance may suffer when you are dehydrated, even if you don't notice.

[osha.gov/heat](https://www.osha.gov/heat)

