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.

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