

Company Name: _____ Dept: _____ Location: _____ Date: _____

#234

JOBSITE HYDRATION

In a Cal/OSHA heat illness case study 78% of those who succumbed to the heat suffered from dehydration. In conditions of high heat and strenuous work, the human body can LOSE over a quart of fluid per hour just by sweating. Continuous replacement of this lost fluid is critical to preventing heat illness. ***Continuous reminders seem to be needed, since in the study, although 90% of the worksites had adequate drinking water, 96% of the employees suffering from heat illnesses were dehydrated.***

At **ALL TIMES** there must be a sufficient quantity of water present and readily accessible to allow every employee to consume at least:

- 1 quart of potable water per person per hour
- 2 gallons per employee for an 8-hour shift

Encourage employees to:

- Drink water frequently throughout the day, at beginning of shifts, during rest breaks, and at lunch
- Make sure all employees know where the water supply is and their responsibility to drink 1 quart per hour

Discourage employees from:

- Drinking beverages containing Caffeine, Alcohol, Sugar, which can dehydrate the body
- Using stimulants of any kind that dehydrate and raise the core body temperature

Make sure employees understand that:

- Some over-the-counter and prescription medications can dehydrate the body, raise the core body

Meeting Conducted By:

Print Name

Signature

Meeting Attended By:

Notes & Suggestions

Document Filing Reference