



# SAFETY TALK

## Avoiding dehydration

Sun and wind make for hot and dry conditions that can sap workers of fluids.

### What's the danger?

**Dehydration** – occurs when you lose more fluid than you take in. Dehydration can lead to heat-related illnesses, such as heat exhaustion and heat stroke.

**Symptoms include:**

- Thirst
- Fatigue
- Muscle cramps
- Nausea, dizziness or confusion
- Excessive perspiration
- Hot, dry skin

### Protect yourself

- Have water easily available
- Drink regularly – even when you are not thirsty
- Reduce caffeine intake
- Stay out of direct sunlight when possible
- Take regular breaks
- Watch for symptoms in yourself and co-workers
- Stay up to date on day-time temperatures

**Dehydration is easily prevented.**

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: \_\_\_\_\_  
Performed by: \_\_\_\_\_

Supervisor: \_\_\_\_\_  
Location: \_\_\_\_\_

**Concerns:**  
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**Corrective Actions:**  
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**Employee Name:**  
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**Employee Signature:**  
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