

# DEHYDRATION

*"safety is a core value and business priority"*

**Dehydration is a harmful reduction  
in the amount of water in the body.**

## AM I DEHYDRATED? HERE'S HOW TO TELL

SIGNS OF MILD TO MODERATE  
DEHYDRATION INCLUDE:



THIRST



DRY MOUTH



RAPID BREATHING



RAPID HEARTBEAT



FATIGUE



HEADACHE



SEVERE DIZZINESS OR  
LIGHTEADEDNESS



UNCONSCIOUSNESS  
OR DELIRIUM

## IMPORTANCE OF WATER?

- ☐ Regulates your body temperature
- ☐ Makes up 83% of your blood
- ☐ Removes waste
- ☐ Cushions your joints
- ☐ Helps body absorb nutrients
- ☐ Helps convert food to energy
- ☐ Moistens oxygen for breathing
- ☐ It composes 75% of your brain



## TIPS TO STAYING HYDRATED

- ☐ Carry a large water bottle with you
- ☐ Get hydration from foods as well as water
- ☐ Eat more fresh fruits and vegetables
- ☐ Drink a glass of water when you wake up
- ☐ Avoid alcohol and sugary drinks
- ☐ Use reminders to encourage you to drink consistently



## CAUSES OF DEHYDRATION

- ☐ Hot humid weather
- ☐ Excessive sweating
- ☐ Elderly and Infants
- ☐ Vomiting
- ☐ Inadequate Water Intake
- ☐ Diabetes
- ☐ Burns
- ☐ Diarrhea



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