

Hydration

Supervisor
Crew
Talk

How Much Water Per Day?

There's no standard for daily water intake, as the amount a person needs to drink depends on their body, health conditions, medications, and the temperature.

To get a general idea of how much water you need to drink, divide your body weight (in lbs) by two, and drink around that number of ounces per day. If you find yourself still getting thirsty, you should drink more! Thirst is the first symptom of dehydration.



Signs of Dehydration

There are many symptoms of dehydration:

- Skin feeling dry, irritated, inflamed, itchy, or sensitive
- Headaches, dizziness, confusion, and fatigue
- Muscle cramps and rapid breathing

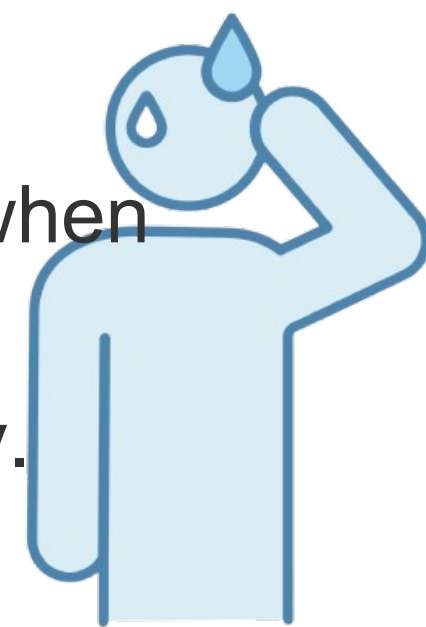
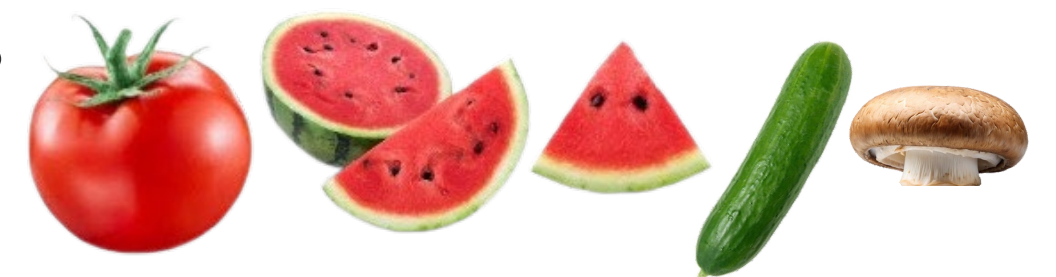


If you're experiencing these symptoms, try to get out of the heat and drink plenty of water. Over-the-counter options, like sugar-free electrolyte drinks, can also help your body retain water while exercising or in hot environments.

Other Ways to Stay Hydrated

Aside from drinking water, there are a few other ways to make sure that you stay properly hydrated.

- 20% of our water intake comes from food! snacking on fruits and vegetables with high water content can help you stay hydrated and energized.
- Staying cool reduces sweating, which can cause dehydration when in hot environments or when exercising. If you do sweat, try to replenish by drinking water before, during, and after the activity.
- Probiotics can help improve your body's bacteria, which can in turn improve your immune system, protect against infection, and improve your digestion and absorption of food and nutrients, including water!



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West Fraser