TOOLBOX TOPIC DEHYDRATION



DATE:

SUPERVISOR/

EMPLOYEE NAMES:

MANAGER:

INTRODUCTION TO DEHYDRATION

Dehydration takes place when your body loses more fluid than you drink. The most common cause of water loss from the body is excessive sweating. This sweat also contains many essential electrolytes - primarily sodium and potassium which can lead to electrolyte loss.

The average male body is made up of around 50-70% water, depending on health levels, with a lean and healthy 70kg male body containing around 60% or 42 litres of water.

Workers performing physically demanding tasks in hot conditions while wearing heavy clothing and PPE can sweat out as much as 2 or even 3 litres an hour. If this is not replaced dehydration will occur leaded to reduced work capacity, change in concentration and lowered reaction times.

DAILY WATER RECOMMENDATIONS

Office staff / not active - the suggested amount of water to drink is 8 to 10 glasses per day.

Tradesmen - 8 - 10 glasses PLUS when working in hot and humid conditions drink around 250-300ml of fluid every 15-20 minutes.

QUESTIONS / ANSWERS TO GENERATE DISCUSSION Ask: what do you think are signs of dehydration.

and should be treated by a medical professional immediately.

when sodium levels in the blood are abnormally high, usually as a result of a water shortage in the body. The body responds with a strong thirst sensation to correct the imbalance.

restlessness, nausea, and vomiting while more serious symptoms include an altered mental status, lethargy, irritability, stupor, or coma.

 Sleepiness • Dry skin Increased Sunken eyes Dry mouth Constipation thirst Decreased Headache Rapid urination Dizziness Dark urine • Lightheaded heart rate Symptoms of severe dehydration are a real medical emergency **DEFINITION AND SYMPTOMS OF HYPERNATREMIA Hypernatremia** often corresponds with dehydration - this with Symptoms of hypernatremia include muscle weakness,

Material produced by Group Training Australia (SA) with project funds by SA Health

DEFINITION AND SYMPTOMS OF HYPERNATREMIA

Hyponatremia can occur if you are drinking more fluid than has been lost in sweat or if you replace heavy fluid losses with low sodium beverages such as only water or soft drinks. It is important to replenish lost sodium and electrolytes by eating regular healthy meals and drinking specifically prepared electrolyte solutions.

Symptoms of hyponatremia include confusion, nausea, headaches and the potentially fatal outcome of cerebral oedema.

WORKER HYDRATION ASSESSMENT

Individuals are different in their hydration needs so regularly assessing and monitoring your hydration level is a key component in preventing and treating dehydration.

THIRST

By the time a person is thirsty, he or she is already 2-3% dehydrated and thirst will continue until full hydration is reached.

URINE COLOUR

To help determine hydration levels a urine sample can be taken and its colour compared to an eight scale chart.

- The darker the color of urine, the more dehydrated the person is.
- Normal colored urine is pale yellow.
- Very dehydrated is orange and the person should drink at least a liter of water.

PERSONAL HEAT STRESS MANAGEMENT DAILY CHECKLIST

- Come to work fully hydrated -so drink
 2 3 glasses of water before you begin.
- Maintain hydration state during work check on urine colour and volume.
- 1. Hydrated 2. Keep drinking 3. 4. Dehvdrated 5. Increase fluid consumption 6. 7. Dehvdrated THIRST AID AI FRT Drink fluid immediately

Disclaimer: This chart is designed to be a guide only. Consider seeking medical advice if urine colour falls within 7-8 range. Vitamin supplements, alcohol and certain diets may effect colour.

- Carry drink bottle at all times and drink while commuting to and from worksite.
- Drink fluid consistently throughout the day. Recommended volume is 250ml every 20 minutes.
- Consume food at regular meal breaks in order to maintain energy and replace electrolytes.
- Alcohol consumption contributes to dehydration and consumption after work is ill advised due to it acting as a diuretic and increasing urine output when rehydration is the goal.
- Reduce consumption of caffeinated drinks before or during work due to dehydrating effects.
- Rehydration drinks such as hydralyte/gastrolyte are a better choice than sugared sports drinks and soft drinks.