

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.

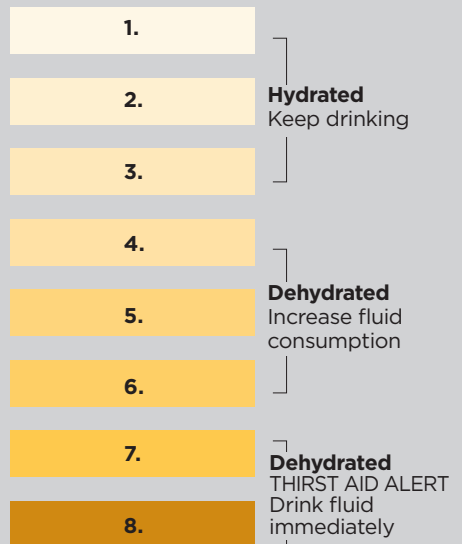
URINE COLOUR

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.
- ✓ 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.



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.