

Preventing Dehydration at Work



Fit4Life



Recognise the warning signs:

- Headache, dizziness
- Fatigue, muscle cramps
- Dark urine, dry mouth
- Reduced concentration



Encourage regular hydration breaks
 Provide easy access to water and electrolytes
 Educate workers about early symptoms
 Adjust workload and schedule breaks in hot environments
 Adapt prevention strategies to specific roles and individual needs
 Encourage self-monitoring through urine colour – light yellow indicates proper hydration

Staying hydrated is a shared responsibility – Plan, act, and support each other.