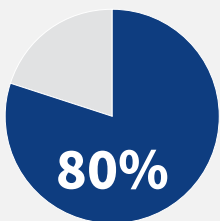


When did you last Hydrate?

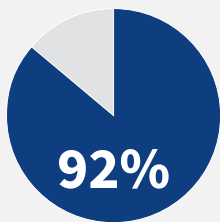
The average person has 2.6 million sweat glands which are activated when a portion of the brain determines that the body needs to be cooled down. Sweat evaporates off our skin which allows for heat loss and cooling. However, when we sweat, we also lose valuable water.

Drinking enough water and having enough electrolytes is necessary for our bodies to function properly. This is why it is so important to stay hydrated, and why a dehydrated person is likely to start having symptoms of heat illness.

- The most effective method of regulating body temperature is to remove heat through sweating;
- In hot dry climates, 98% of heat is lost through sweating;
- The average worker undertaking manual tasks (and especially outdoors) has been shown to sweat 600ml per hour or 6 litres over a 10 hour working day;
- If you do not drink enough to replace the fluid lost in sweat then blood volume is reduced and the body's temperature begins to increase;
- With an increase in body temperature your health and physical performance is affected and can lead to Heat Illness;
- Signs of heat illness and dehydration include: dry mouth, cramps and muscle ache, headaches, nausea, dizziness, disorientation and fainting.



of your brain is made up of water



of your blood is made up of water

1%

dehydration results in thirst

1%

dehydration will impair your physical performance

10%

decrease in your mental performance when you feel thirsty

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Improving Hydration

It could be beneficial to use an electrolyte mix to supplement your normal water intake. These assist with:

- Preventing dehydration through rapid fluid and electrolyte absorption;
- Maintaining the correct electrolyte balance;
- Delaying the onset of fatigue;
- Providing appropriate levels of glucose to provide energy for muscular work;
- Aiding concentration in work and sport.



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Talk to your site supervisor and your IRP consultant about any safety concerns you have before it's too late! IRP – 08 9477 7999