



DEHYDRATION

Body temperature in a healthy person can be raised to the danger point by both *absorbing* heat and by *generating* it.

Heat can be absorbed from the ground by reflection or direct contact. Any kind of work or exercise increases body heat. An increase in body temperature of six to eight degrees above normal (98.6 degrees F) for any extended period may cause death.

The body gets rid of excess heat and attempts to keep the temperature normal by sweating but, by sweating, the body loses water which results in dehydration. This water must be replaced. Drink *cool* or *warm* water as fast as you want, but cold water may cause distress and cramps. All job sites are to ensure that cold water is provided in clean coolers on a daily basis.

SYMPTOMS It is essential that the initial symptoms of dehydration be *known and recognized*. Take time to learn these key symptoms of dehydration:

- *thirst and discomfort*
- *lethargy; slow motion*
- *loss of appetite*
- *nausea*
- *drowsiness*
- *high temperature*

If dehydration is at 6% to 10%, symptoms will include dizziness, headache, dry mouth, difficulty in breathing, tingling sensation in arms and legs, bluish color, indistinct speech and finally, inability to walk.

PREVENTION Satisfying thirst is not an indication of the amount of water needed. If you drink only enough to satisfy your thirst, you can still dehydrate. Drink plenty of water, especially at meal times and during the cooler early morning hours. *Products containing alcohol or caffeine do not help hydrate a person.* Also, one is more likely to get dehydrated the day after a night of alcohol consumption or when engaging in a high-activity sport.

