



Toolbox Talks

Staying Hydrated

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When the temperatures rise, getting enough to drink is important whether you're playing sports, traveling or just sitting in the sun. And it's critical for your heart health.

Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. And, it helps the muscles work efficiently. In short, if you're well hydrated, your heart doesn't have to work as hard.

Dehydration can be a serious condition that can lead to problems ranging from swollen feet or a headache to life-threatening illnesses such as heat stroke.

How much water do you need?

The amount of water a person needs depends on climatic conditions, clothing worn and exercise intensity and duration. A person who perspires heavily will need more water.

Frequently Asked Questions:

What if I'm not thirsty, but am going to work out?

Drinking water before exercising or going out in the sun is an important first step. Thirst isn't the best indicator that you need to drink. If you get thirsty, you're already dehydrated.

Discussion Questions:

- How do you ensure you drink enough water during the day?