**Water, Water, Water!**

Are you drinking enough water? Males need approximately 3 liters and females need about 2.5 liters of water per day. The amount is individually based on a person’s body weight and temperature, the amount of exercise, the physical environment, and many demographic variables. If you are feeling thirsty, then you are already dehydrated.

**Benefits of Hydration:**



Drinking water is one way to stay hydrated. Other means to stay hydrated may include eating ice chips, drinking other beverages with high water content but limit the caffeine and sugar, as well as eat foods with high water content such as some vegetables and fruit (cucumber, tomatoes, oranges, apples…).

**Water, Water, Water! – DISCUSSION RECORD**

**Agenda:**

* Discuss how much water should be consumed while working? If conditions change, so should your consumption?
* How do you access water in the field during the day?
* Is there cool refreshing water available?
* How is available water stored or is running water available?

Comments or safety concerns as a result of the discussion or observed since the last rally?

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Follow-up to concerns raised at previous rally?
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Action Items?
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Near Miss/Incidents/Unsafe Acts/Conditions to Report?

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Topics recommended for future Rallies: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Thank the rally members for their participation.**

**Quiz Answers:** 1. T, 2. T, 3. f, 4.T, 5. T

**TEST YOUR KNOWLEDGE**

1. Males need approximately 3 liters and females need about 2.5 liters of water per day.

True or False

1. Drinking water is one way to stay hydrated.

True or False

1. Which of the following are benefits of drinking water or staying hydrated throughout the workday?
	1. Increase blood flow
	2. Reduce the risk of headaches & migraines
	3. Decrease stress
	4. Increase energy levels
	5. Improved gut health
	6. All of the above
2. Limit the caffeine and sugar and eat foods with high water content such as some vegetables and fruit. True or False
3. If you are feeling thirsty, then you are already dehydrated. True or False

**Attendance RECORD**

\*This is to acknowledge that I understand and agree to actively participate in the safety meeting.

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