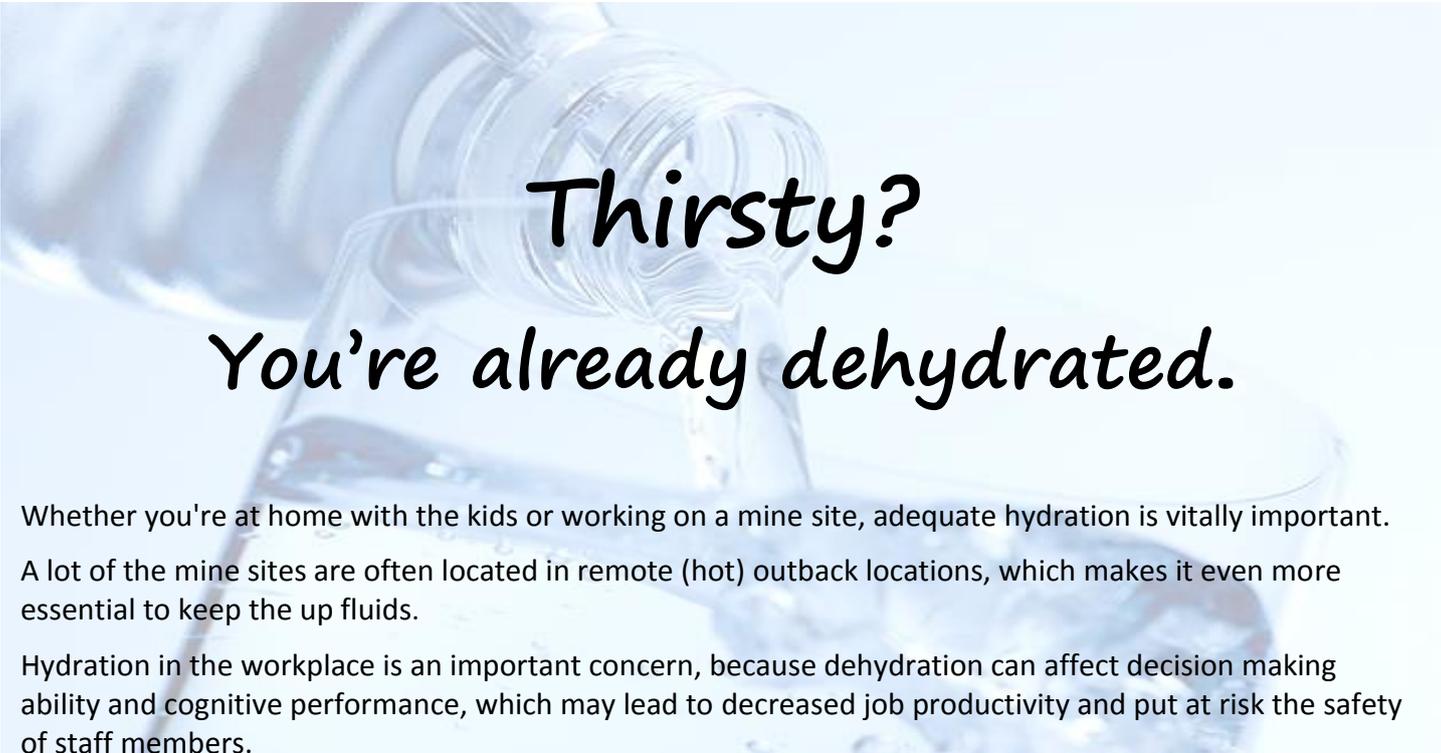


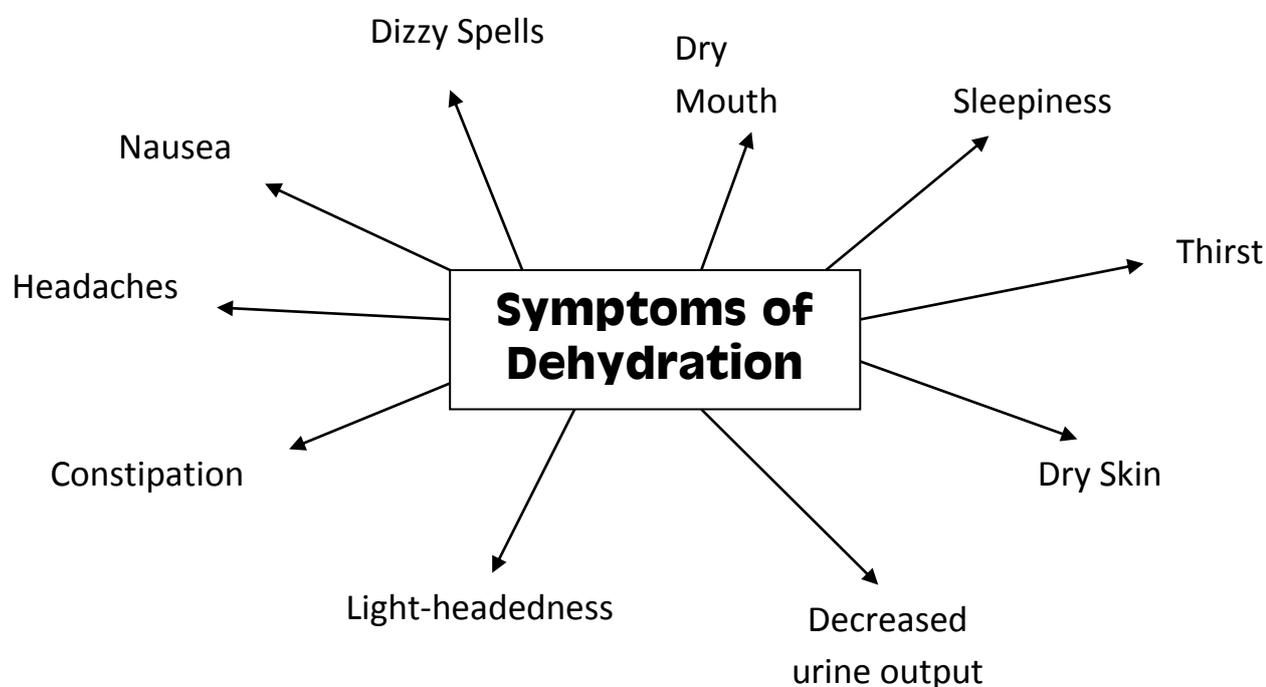
DEHYDRATION



Thirsty? You're already dehydrated.

Whether you're at home with the kids or working on a mine site, adequate hydration is vitally important. A lot of the mine sites are often located in remote (hot) outback locations, which makes it even more essential to keep the up fluids.

Hydration in the workplace is an important concern, because dehydration can affect decision making ability and cognitive performance, which may lead to decreased job productivity and put at risk the safety of staff members.



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What are the most common causes of dehydration at work?

When performing physical work, sweat output often exceeds water intake, producing a deficit of water in the body, which is otherwise known as dehydration. Protective clothing may also increase sweat rates which will further contribute to dehydration. The greater the amount of water lost through perspiration, the intake of water should be increased to replace the body's loss in fluid and avoid dehydration.

Dehydration can reduce mental as well as physical performance, and is therefore just as important for office workers to stay hydrated as it is for manual workers. Increased work load, stress, long journeys to and from work and dry air, can all increase water loss. A common cause of dehydration in the modern workplace is air conditioning, which causes low water content in the atmosphere, leading to increased water loss from the lungs and through the skin. A lack of adequate hydration at work can cause symptoms such as tiredness, loss of concentration and headaches.



Tips for Workers

- Arrive to work adequately hydrated.
- Ensure you have access to drinking water whilst at work.
- Remind yourself to drink water regularly, until it becomes a habit.
- Drink small amounts of water every 15-20 minutes
- Have an appropriate water bottle to use at work
- Avoid drinks that cause dehydration such as alcohol, caffeine and sugary drinks
- Monitor urine output – urine should be clear to light straw colour
- Monitor the condition of co-workers – unusual clumsiness can be a sign of heat stroke
- Work at a steady pace and do strenuous work in the cooler parts of the day.

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