

OHBA Safety Pages: Dehydration

There are various heat stress disorders that may affect us as the summer heat increases the temperature and humidity of our work sites. During the summer, we must all take precautions to ensure our bodies don't get overheated.

Although dehydration is technically not a heat disorder, it is certainly related.

Dehydration occurs when you lose more fluid than you take in and your body doesn't have enough water and other fluids to carry out its normal functions. If lost fluid remains unreplenished, you may suffer serious consequences.



Common causes of dehydration include intense bouts of diarrhea, vomiting, fever or excessive sweating. Inadequate intake of water during hot weather or exercise also may deplete your body's water stores. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk.

Early Symptoms of Dehydration

Symptoms and signs of dehydration can be minor, such as increased thirst, or severe and life-threatening, depending on the extent of the dehydration.

The early symptoms of dehydration are

- thirst, and
- reduced urine output and darkening of the urine.

As dehydration progresses, other symptoms develop, including

- dry mouth,
- lightheadedness,
- muscle cramps, and
- palpitations.

Minor dehydration can be treated by replenishing the lost fluids your body has lost. Drink at least 32 ounces of water or sports drinks slowly and steadily. Rest, if you don't feel better, drink more slowly and steadily. For more serious dehydration, seek appropriate medical attention.

On a normal day, a person has to drink a significant amount of water to replace the routine loss.

The formula for daily fluid requirements depends upon an individual's weight.

Bodyweight	Daily fluid requirements (approximate)
100 pounds	50 ounces
150 pounds	65 ounces
200 pounds	70 ounces
250 pounds	85 ounces

This is the basic body requirement. More fluid would be needed to replace excess sweating from exercise or fever, fluid loss from vomiting, and diarrhea or increased urine production.



regulations or standards. The Members remain responsible for their own operations, safety practices and procedures and should consult with legal counsel as they deem appropriate.

The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws,

SAFETY PAGE MEETING GUIDE

Topic: Dehydration

Employer: _____ Project: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

Follow up on recommendations from last safety meeting:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)