

Move WELL Work WELL

Hydration

Hydration before, during, and after work is crucial for health. Adequate water intake regulates body temperature, keeps our tissues healthy (lubricates joints, keeps muscles supple), clears toxins and waste products from our body and transports essential vitamins and minerals throughout your body.

Poor hydration interferes with this transport and flushing ability and results in reduced strength and energy. Dehydration can cause headaches, muscle cramping, achy/painful joints, and reduced concentration and focus. Even mild dehydration can drain your energy and make you feel tired.

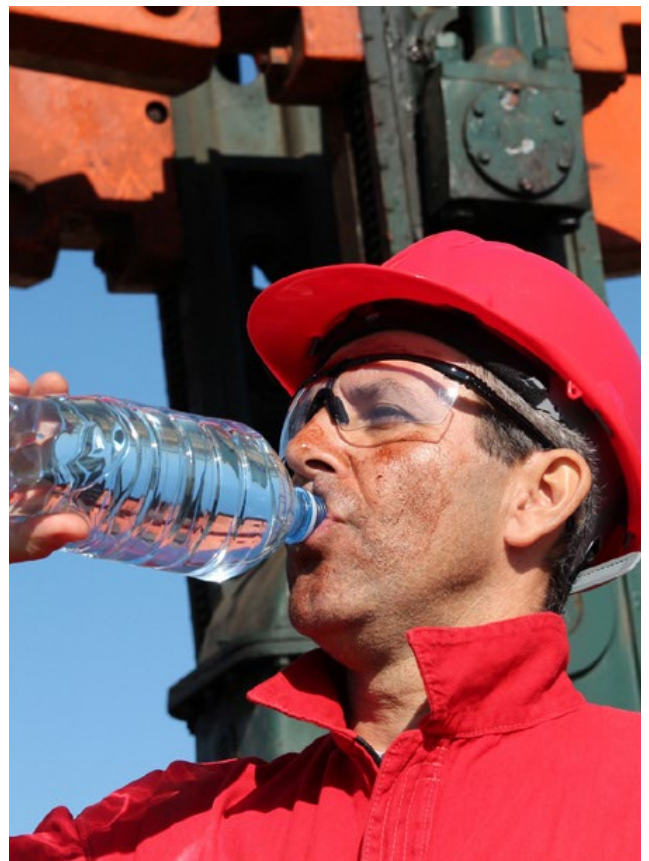
Depending on the work environment, more water may be necessary to keep hydrated. If working in a hot and humid environment or performing physically demanding work, where sweating occurs, additional water should be consumed.

Proper water intake:

- Lubricates and cushions your joints and prevents joint stiffness
- Helps maintain resilient ligaments and tendons
- Regulates your body temperature
- Boosts your muscles with energy
- Minimizes fatigue
- Helps you break up prolonged periods of sitting

Helpful tips to stay hydrated:

- Keep a water bottle with you
- Set an alarm to remind you to drink
- Track how much water you are drinking
- Try adding flavor (i.e. lemon, lime, cucumber, watermelon)
- Switch to water or herbal tea after lunch
- Try non-caffeinated, non-sugary beverages like sparkling water
- Avoid caffeinated drinks (black tea, coffee) as these will dehydrate you
- Aim for frequent/regular urinations
- Aim for lighter-coloured urine



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