

# Hydrate and Recover

Take breaks out of the sun when appropriate

Wear light, loosely fitting clothing

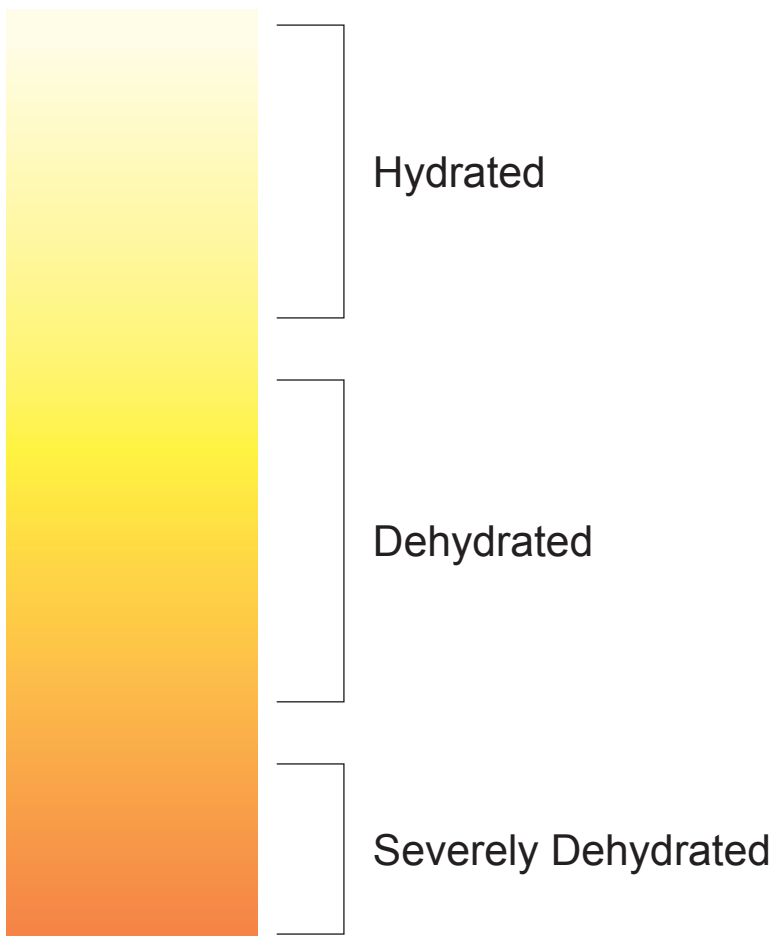
Wear clothing that protects you from the sun

Pay attention to yourself and co-workers.

Look for signs of dehydration

## Urine Color Chart

Are you hydrated?



Drink before you feel thirsty.

When working in the heat,  
drink 1 cup of water every  
15-20 minutes

Do not drink more than 48  
oz or 1.5 quarts per hour.  
Too much fluid can cause  
a medical emergency  
because the concentration  
of salt in the blood becomes  
too low.

Avoid caffeine & alcohol.  
Drinking alcohol within 24  
hours of working in the heat  
can increase the risk of  
heat illness.



**SOLID WASTE  
MANAGEMENT**