

Dehydration

When you are **dehydrated**, it means that the amount of fluids (water) your body is losing is more than the amount of water your body is taking in.

- A loss of only 3% of your body's water content causes a 10% drop in strength and an 8% loss of speed
- Low concentration levels could be a result of dehydration. Headaches are also often a sign of dehydration, so before reaching for a headache pill, try a glass of water.
- 4-5% reduction in water in your body can cause as much as 30% decline in work performance.



Recognizing Dehydration

Symptoms of dehydration usually begin with thirst and progress to more serious symptoms as the need for water becomes more dire. The initial signs and symptoms of mild dehydration in adults appear when the body has lost about 2% of its total fluid. These mild dehydration symptoms are often but not limited to:



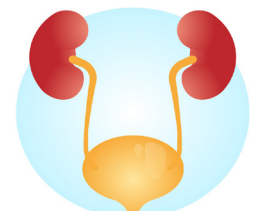
Thirst

Dry Mouth



Headaches

Dry Skin



Dark Colored Urine

Treatment and Prevention

Dehydration can be easily prevented as well as treated by replenishing the loss of fluids with adequate intake of water. The greater the amount of water lost from the body, the greater the intake should be. Besides water, one can also take rehydration fluids or solutions. Though dehydration can be easily treated with oral rehydration, sometimes intravenous administration of fluid may also be required, depending on the severity of the condition.

DRINK WATER THROUGHOUT YOUR SHIFT AND AVOID CAFFINATED DRINKS!

