

Stay Hydrated in the Heat



When you work outside in the heat, your body loses water, salt, and other important minerals called electrolytes. If your body loses too much water and minerals, you may start to feel sick. To avoid this, you can do the following:

Drink water throughout the day

- Drink 1 bottle of water (16 ounces or 0.5 liters) about 2 hours before you leave for work.
- Drink 1-2 bottles of water (0.5 liters to 1 liter) **every hour** while you work.
- Drink water after you get home from work to continue to replace what you lost through sweating at work.



Drink healthy, low-sugar beverages

Water is important for your body, but it usually doesn't have electrolytes to keep you hydrated. Here are some examples of fluids with electrolytes you can drink:

- You can drink coconut water, electrolyte drinks (such as sports drinks), and "aguas frescas" (made from fresh fruits or vegetables). It is best if these drinks are low in sugar.
- Many sports drinks and energy drinks have too much sugar. If you drink sports drinks, add water to them so that they are about 2/3 water and 1/3 sports drink. Avoid drinking energy drinks.
- Alcohol dehydrates. Avoid drinking alcohol on days you work.



Eat healthy foods that hydrate you!

Some healthy foods can help keep you hydrated and give you electrolytes. Here are some good foods you can eat when you're working in the heat:

- Dairy: fresh cheese, yogurt, milk
- Protein: beans, lentils, chicken, fish
- Seeds and nuts: sunflower seeds, almonds, cashews
- Fruit: watermelon, banana, oranges, lemons, strawberries, cucumber, avocado
- Vegetables: spinach, broccoli, squash, sweet potatoes



This material was produced under grant number SH-23F6OSH000030-01-00 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.