



SAFETY CORNER

HYDRATION AND HEAT
AWARENESS

June 2025

PREVENT DEHYDRATION AND HEAT-RELATED ILLNESS:

- DRINK WATER EVERY 15 MINUTES, EVEN IF YOU ARE NOT THIRSTY.
- CONSUME FRUIT AND VEGETABLES, THEY ALSO ADD FLUID TO YOUR BODY.
- REST IN THE SHADE TO COOL DOWN AND RECOVER FROM EXTREME HEAT.
- LEARN THE SIGNS OF HEAT ILLNESS AND WHAT TO DO IN AN EMERGENCY.
- PLAN ACCORDINGLY IF YOU PLAN TO WORK OUTDOORS

SYMPTOMS OF DEHYDRATION INCLUDE:

EXTREME THIRST, LESS FREQUENT URINATION, DARK-COLORED URINE, FATIGUE, DIZZINESS, CONFUSION, MUSCLE CRAMPS, AND NAUSEA

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