

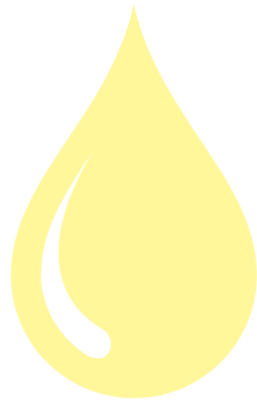
Drinking enough fluids is one of the most important things you can do to prevent heat illness at work. Drink water before, during, and after work. Post this chart in your workplace and use it to assess your pee color to determine how hydrated you are.

Dehydrated? Urine trouble.



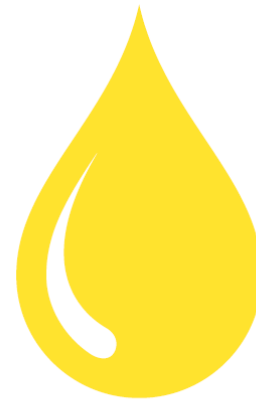
Well hydrated

No trouble here!
Maintain hydration.



Hydrated

Drink a little more water
to stay out of trouble!



Dehydrated

Trouble! Drink water until
you are well hydrated.



Severely dehydrated

Big trouble!
Drink water
immediately!

Don't wait to hydrate! Prevent heat illness.



**Heat Illness
Prevention**

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