

Toolbox Talk # 32

HYDRATION



Company Name:	
Job Name:	
Date:	

Key Points

1. Hydration is essential for construction workers to maintain focus, energy, and overall health throughout the workday.
2. Dehydration increases the risk of heat-related illnesses like heat exhaustion and heat stroke, which can be life-threatening.
3. Workers should drink water regularly, even if they don't feel thirsty, to prevent dehydration before symptoms appear.
4. Extreme temperatures, direct sun exposure, and heavy physical labor cause rapid fluid loss through sweat, increasing the need for hydration.
5. Lack of proper hydration can lead to dizziness, confusion, muscle cramps, fatigue, and significantly reduced productivity.
6. Employers should provide clean, accessible drinking water at all job sites and encourage frequent hydration breaks.
7. Caffeinated or sugary drinks should be limited, as they contribute to dehydration and can increase the risk of heat stress.
8. Wearing lightweight, breathable clothing and taking regular breaks in shaded or cool areas help prevent overheating and dehydration.

According to OSHA, workers in hot conditions can lose up to **2-3 quarts** of water per hour through sweat.



Top 5 hydration hazards...

1. **Dehydration** – Inadequate water intake leads to fatigue and dizziness.
2. **Heat Stress** – Lack of fluids increases risk of heat-related illness.
3. **Muscle Cramps** – Insufficient hydration causes painful muscle contractions.
4. **Reduced Focus** – Dehydration affects concentration and decision-making.
5. **Kidney Issues** – Prolonged dehydration can lead to kidney damage.



1. Have I had enough water to stay hydrated today?
2. Am I feeling dizzy, fatigued, or overly hot?
3. Is water easily accessible throughout my shift?
4. Am I drinking more fluids in extreme heat conditions?

Stay hydrated, don't delay, drink your water every day!

Summary

Proper hydration on construction sites is essential for safety and performance. Workers should be aware of dehydration risks, especially in hot conditions, and drink water regularly. Fatigue, dizziness, and heat-related illnesses can be prevented by staying hydrated and recognizing early signs of dehydration.



OSHA recognizes hydration as essential for worker safety, especially in construction, where heat and physical exertion increase dehydration risks. While no single regulation covers hydration, OSHA requires employers to protect workers from heat-related illnesses, including ensuring access to drinking water.

Key Hydration Regulation

OSHA 1926.51(a) – Potable Water

This regulation mandates that employers provide clean, accessible drinking water at job sites. Proper hydration prevents heat stress, fatigue, and serious medical emergencies, ensuring workers remain healthy and productive.



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ATTENDEES

Print Name:	Signature:

Additional Comments: