

Hydration and Acclimatization

PROJECT / SITE	DATE	TALK LED BY

THE HAZARD

New crews and anyone back from a week off are the people heat hurts first, because the body needs gradual exposure to adapt. Thirst is a late signal: by the time you feel it you are already behind.

WHAT GOES WRONG

- A new hire put straight onto full duty in full sun on their first day.
- Someone back from vacation treated as fully acclimatized because they worked here in June.
- Water available two hundred yards away, so people drink at breaks and not before.
- Energy drinks and coffee used instead of water through the hottest part of the day.

CONTROLS: BEFORE YOU START

- Build new and returning workers up gradually over the first week of hot work.
- Drink small amounts often rather than a lot at break. Do not wait until you are thirsty.
- Keep cool water within a short walk of the work, and top it up during the day.
- Watch the people who started this week more closely than anyone else on the crew.
- Check the color of your urine. Dark means you are behind, whatever you feel like.

ASK THE CREW

1. Who started on this site in the last week?
2. How far is the nearest water from where you are working today?
3. Who came back from time off this week, and what are they doing today?
4. How much have you had to drink since you got here this morning?

ATTENDANCE RECORD

Everyone present signs below. This sheet is the record of the talk.

PRINT NAME	SIGNATURE
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
SUPERVISOR / COMPETENT PERSON	SIGNATURE