

July 2024 Safety Calendar: Staying hydrated

Verita.

This calendar is designed to enhance safety awareness and provide a better understanding of specific loss exposures and best practices to reduce those exposures. Each month will contain a safety topic and daily associated tips. See the following page for weekly topics.

Staying hydrated: Dehydration may occur at any time during the year. During the warmer months or on hot days, inadequate fluid consumption may increase the likelihood of dehydration. Staying hydrated is essential to our overall well-being.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>1</div> <div>Canada Day</div> <div>Dehydration occurs when you're body loses more fluid than you take in</div>	<div>2</div> <div>It can impact normal bodily functions</div>	<div>3</div> <div>Can be caused by excessive fluid loss (sweat)</div>	<div>4</div> <div>Independence Day</div> <div>Can be illness related</div>	<div>5</div> <div>May be caused by certain medications</div>	<div>6</div> <div>Can occur during all seasons</div>
Week 1: What is dehydration and what causes it?						
<div>7</div> <div>Drink water before you are thirsty</div>	<div>8</div> <div>Drink enough water each day (8-10 glasses)</div>	<div>9</div> <div>Carry a re-usable water bottle</div>	<div>10</div> <div>Wear appropriate clothing dependent on weather</div>	<div>11</div> <div>Seek shade as needed if you're outdoors</div>	<div>12</div> <div>Contact your supervisor if you think you're dehydrated</div>	<div>13</div> <div>Seek medical attention if you're unable to rehydrate or conditions get worse</div>
Week 2: How to avoid dehydration						
<div>14</div> <div>Eat fruits and vegetables with high water content</div>	<div>15</div> <div>Reducing coffee consumption can help with reducing dehydration</div>	<div>16</div> <div>Alcohol consumption can increase likelihood of dehydration</div>	<div>17</div> <div>Be sure to drink multiple times throughout the day</div>	<div>18</div> <div>Establish a healthy drinking water routine</div>	<div>19</div> <div>Hydrate before and after physical activity</div>	<div>20</div> <div>Depending on your health, electrolyte drinks can help dehydrating</div>
Week 3: Diet and drinking habits can assist in reducing dehydration						
<div>21</div> <div>Thirst</div>	<div>22</div> <div>Dizziness or fatigue</div>	<div>23</div> <div>Headache</div>	<div>24</div> <div>Dark colored urine</div>	<div>25</div> <div>Dry mouth and lips</div>	<div>26</div> <div>Increased heart rate</div>	<div>27</div> <div>Fever and chills</div>
Week 4: Examples of dehydration signs. Be aware!						
<div>28</div>	<div>29</div>	<div>30</div>	<div>31</div>			



Staying hydrated:

Dehydration may occur at any time during the year. During the warmer months or on hot days, inadequate fluid consumption may increase the likelihood of dehydration. Staying hydrated is essential to our overall well-being.

Week 1

What is dehydration and what causes it?

1. Dehydration occurs when you're body loses more fluid than you take in
2. It can impact normal bodily functions
3. Can be caused by excessive fluid loss (sweat)
4. Can be illness related
5. May be caused by certain medications
6. Can occur during all seasons

Week 2

How to avoid dehydration

1. Drink water before you are thirsty
2. Drink enough water each day (8-10 glasses)
3. Carry a re-usable water bottle
4. Wear appropriate clothing dependent on weather
5. Seek shade as needed if you're outdoors
6. Contact your supervisor if you think you're dehydrated
7. Seek medical attention if you're unable to rehydrate or conditions get worse

Week 3

Diet and drinking habits can assist in reducing dehydration

1. Eat fruits and vegetables with high water content
2. Reducing coffee consumption can help with reducing dehydration
3. Alcohol consumption can increase likelihood of dehydration
4. Be sure to drink multiple times throughout the day
5. Establish a healthy drinking water routine
6. Hydrate before and after physical activity
7. Depending on your health, electrolyte drinks can help dehydrating

Week 4

Examples of dehydration signs. Be aware!

1. Thirst
2. Dizziness or fatigue
3. Headache
4. Dark colored urine
5. Dry mouth and lips
6. Increased heart rate
7. Fever and chills