

## **Bonus Safety Discussion Topic: Hydration Facts**

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### **Hydration Facts**

- Water makes up of 60% of our body weight.
- On average you sweat just under a liter of sweat per day, so we need to ensure that we are replenishing all the lost liquids.
- For men it is recommended that you drink about 15.5 cups of water per day (3.7 Liters).
- For women it is recommended that you drink about 11.5 cups of water per day (2.7 Liters).
- 20% of daily water consumption comes from food.
- Water regularly cleans and flushes out the human body of unwanted toxins.
- Water regulates the human body's cooling system.
- Urine is a good indicator to see if you are hydrated or not. Clear or light-colored urine often indicated that you are most likely doing a good job at staying hydrated and drinking plenty of fluids. While dark urine usually indicates that you are dehydrated, and you are not drinking enough water to stay hydrated.
- If you wait to drink water until you are thirsty you are most likely already becoming dehydrated, as you should be drinking water frequently throughout the day to stay properly hydrated.
- It is easy to forget to drink when staying busy throughout the day so it is always a good idea to use the buddy system to remind your team members to take a drink, set an alarm on your phone or designate a "Water Sergeant" to look after the crew and remind all to drink frequently.

### **Use these questions to add to the discussion:**

1. **How much water do you drink throughout the day?**
2. **Do you're crew have enough drinks with electrolytes to stay hydrated?**
3. **Is there a cooler that is iced up with water on you job today?**

Meeting Date	Monthly Theme	Bonus Topic	Discussion Leader
Month ___ Day ___ 2024			Name:

Work Group (Circle One)	Location (City, State)
Keeley Companies	
Keeley Construction – Civil Energy   Civil Infrastructure   Civil Texas   Paving -STL  Paving - National  Paving - AZ   Paving - TX   Building   Industrial   Heavy Industries  Milling Services   Support Group   Sr. Leadership	
Keeley Properties	
Keeley Restoration	
Subcontractor _____	

**Other topics to discuss during our meeting today?**

- How does the Mission statement or Core Values relate to the topic today?
- Recent Good Catch reports? What was done to prevent the negative occurrence?
- Recent Near Miss reports? Were we lucky or were we good?
- Recent Events (Injury/Illness, Motor Vehicle Incidents, Utility Hits)?
- Recent company or customer safety bulletins?

**\*PRINT ONLY\* Names:**

1)	11)
2)	12)
3)	13)
4)	14)
5)	15)
6)	16)
7)	17)
8)	18)
9)	19)
10)	20)

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