



JNL Safety Alert 33

Date: 27/01/2017

Dehydration



With the recent hot weather it is important to be aware of the effect dehydration has on you. Hikurangi Forest Farms has a reported incident where a worker has become severely dehydrated and requiring medical attention!!

Dehydration:

- Lowers Endurance
- Increases Injury Rates
- Decreases Mental Ability
- Decreases Mental Reasoning
- Increases Mental Errors
- Increases Heart Rate
- Slows recovery

Solution:

- Drink Water not high sugar drinks
- Drink throughout the day
- Drink 0.5-1 ltr per hour normally
- Drink a minimum of 1ltr per hour on 20oC+ Days.

Urine:

Your Personal Dehydration Monitor!

Remember!!!

The darker the colour, the more dehydrated you are so drink more!