



STAYING HYDRATED IN 85°F OR HIGHER

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WHAT COUNTS?

DAY TO DAY

Aim for 84-125 oz per day. Any liquid counts towards staying hydrated, but keep caffeine, calorie, and sugar content in mind.

Caffeinated drinks do not cause dehydration in moderation. Large amounts of caffeine (>500 mg) combined with high intensity exercise in a hot environment may compound the risk of dehydration.

DURING EXERCISE OR FIRE SUPPRESSION

Opt for sports drink if activity is longer than an hour. The sugar in sports drink is a quick source of fuel, prolonging performance. Electrolytes will help replace what is lost in sweat. Opt for Gatorade, PowerAde or a rehydration solution like BioSteel or DripDrop ORS.

PROPER HYDRATION



Boosts energy



Cools body temperature



Prevents fatigue

TIPS FOR HOT DAYS



Drink 16-32oz of water on the way to work



Opt for ice cold or refrigerated beverages



Drink before you are thirsty



Opt for sports drink if you sweat heavily

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