

# SAFETY FIRST

## SIGNS OF DEHYDRATION

As solid waste and resource management professionals, you're no stranger to the challenges of the job – from long hours in the sun to physically demanding tasks. However, amidst the hustle and bustle of your daily responsibilities, it's crucial to prioritize your health and safety, particularly when it comes to staying hydrated.

Dehydration can sneak up on you, leading to serious health complications if left unchecked. To help you stay safe and healthy on the job, watch for these essential signs of dehydration:

- **Thirst**
- **Dry mouth and lips**
- **Fatigue and weakness**
- **Dark urine**
- **Dizziness or lightheadedness**
- **Headaches**
- **Muscle cramps**
- **Decreased sweating**
- **Confusion or irritability**
- **Rapid heart rate**



Remember, staying hydrated is not just a matter of comfort – it's essential for your health, safety, and overall well-being. Make it a priority to drink water consistently throughout the day, especially in hot or humid conditions.

By recognizing the signs of dehydration and taking proactive measures to stay hydrated, you can protect yourself from unnecessary risks and ensure that you're able to perform your job to the best of your ability. Stay safe, stay hydrated, and take care of yourselves out there!

For more #SWANAsafety info and resources visit [SWANA.org/safety](https://www.swana.org/safety)



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