



SWANA
SAFETY FIRST

Proper Hydration Tips

Solid waste and resource management professionals are often faced with physically demanding tasks, long hours outdoors, and exposure to varying weather conditions. Staying hydrated is crucial for maintaining optimal performance and for ensuring overall well-being and safety on the job. Here are some essential tips to help stay hydrated while on the job.

- Start early and stay consistent.
- Know your fluid needs.
- Carry an adequate supply of water.
- Avoid excessive caffeine and sugary drinks.
- Take breaks in shaded areas.
- Wear breathable clothing as appropriate.
- Be mindful of signs of dehydration.
- Educate and support each other.
- Prioritize self-care.

As professionals in the solid waste and resource management industry, prioritizing hydration is essential for maintaining health, safety, and productivity on the job.

By following these tips and making hydration a priority, you can help ensure a safer and more comfortable work environment for yourself and your colleagues. Stay hydrated, stay safe, and continue to make a positive impact in your field.

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