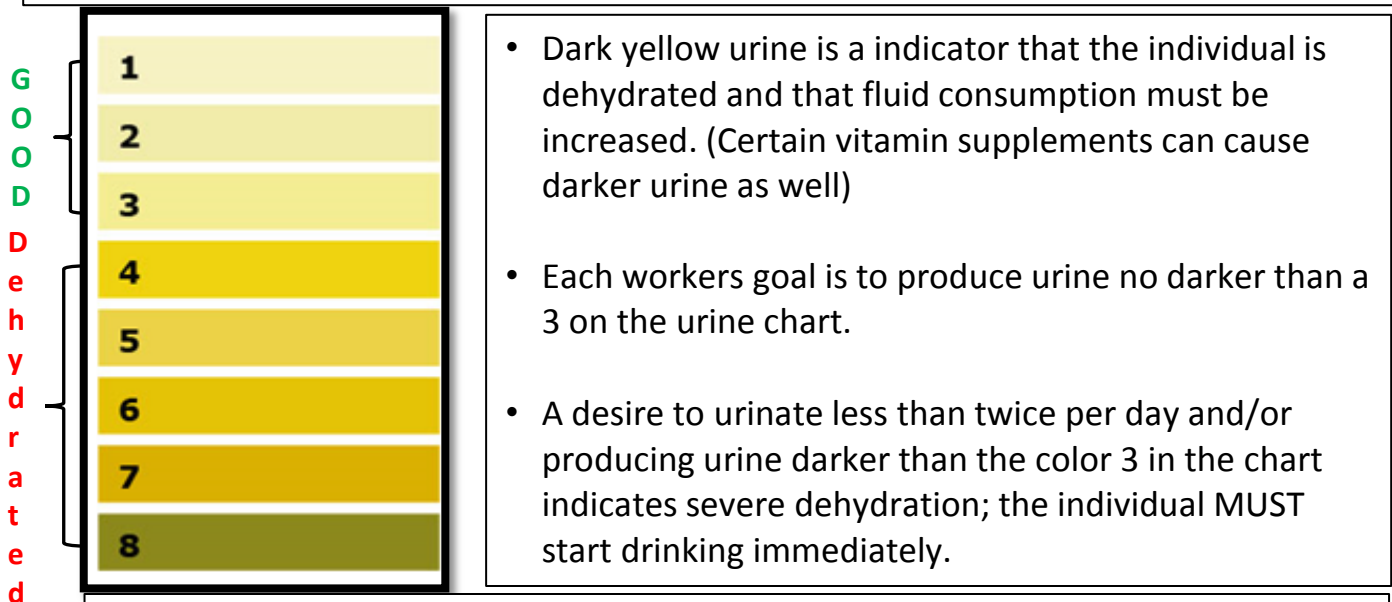


# Heat Illness Prevention- Urine Guide

If the water in your body is balanced, the urine will be a pale straw or lemonade color. When water loss from the body exceeds water intake, the kidneys need to conserve water, making urine much more concentrated with waste products and subsequently darker in color.

- All workers, no matter the job should monitor hydration status by noting the color and volume of urine.
- Even dehydrated people will continue to produce urine, called "obligatory urine".



## 7 Do's for prevention of Heat Illness

- **Do** drink water until you are no longer thirsty
- **Do** drink at least 9-13 cups of water per day
- **Do** increase water consumption to 2-3 cups per hour when you are performing hot/strenuous activity
- **Do** rest well before and between strenuous activity
- **Do** loosen clothing while resting in a cool room under a fan
- **Do** immediately report to your supervisor if you are not feeling well before, after, or during strenuous work activity
- **Do** discuss with your supervisor if you are taking diuretic medication and then inform your doctor of your work environment- Diuretic medications such as some that control high blood pressure increase body fluid loss, thus increasing the chances of dehydration