

DISCUSSION DATE:

EMPLOYEE PARTICIPANTS:

- [illegible]

- » Thirst
- » Fatigue
- » Muscle cramps
- » Nausea, dizziness or confusion
- » Hot, dry skin

- » **Keep a bottle of water handy and drink from it throughout the day.**
- » **Enhance your water intake with an electrolyte solution, sports drink, or salty snack.**
- » **Drink water before, during, and after your shift.**
- » **Make drinking a habit by starting and finishing each day with a glass.**

Toolbox Talks are intended to facilitate worksite health and safety conversations. For more Toolbox Talks, please visit www.ergodyne.com/blog