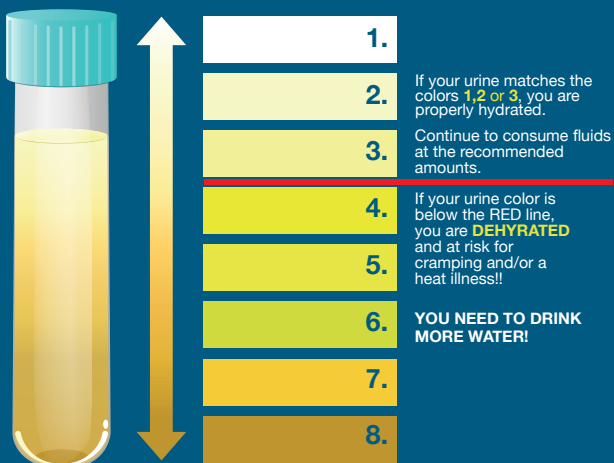


SAFETY**MONDAY****AM I HYDRATED?**

Urine Color Chart



The summer heat is ramping up and it is imperative that you take the appropriate preventative steps to avoid heat illness. This starts with proper hydration. Heat illnesses are avoidable through preparation and awareness.

Below are few tips the professional Waste Connections employee can use to avoid heat related illnesses:

- 1. Drink plenty of clear liquids** – Avoid high sugar and caffeinated drinks such as soda and energy drinks. If you drink something other than water, opt for sports drinks such as Gatorade or Powerade.
- 2. Get plenty of rest and maintain a well-balanced diet.**
- 3. Take occasional breaks when needed, preferably in the shade.**
- 4. Recognize the symptoms of heat stress** – headaches, dizziness, clammy skin.

If you see someone exhibiting symptoms of heat stress, know what to do:

1. Move them to shade or air conditioning.
2. Provide water slowly – 4 oz every 15 minutes.
3. Loosen clothing or remove excess clothing.
4. Do not give liquids to someone who is losing consciousness or is not alert. If that is the case, seek medical attention immediately. Call your supervisor.

