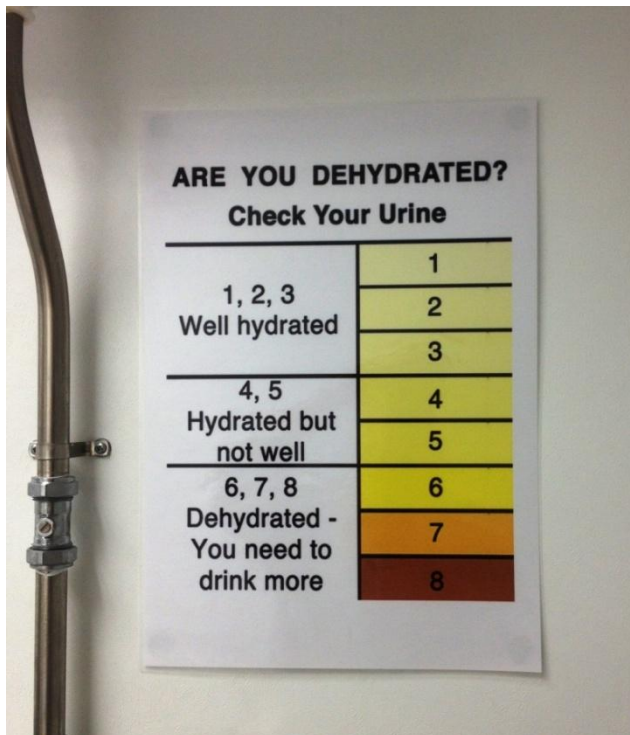


◀ BEST PRACTICE INFORMATION ▶



Hydrating



'Making sure your body has enough water'.

Please remember:

As nice as a cold carbonated drink sounds and tastes, drinking them to cool down is not the best idea. Carbonated drinks (i.e. Coke, Fanta, Dr pepper) stops you from becoming more hydrated when the weather is warm which can make you feel ill and more prone to heat stroke.



Just because you been sweating all day whilst working out in the sun please **DO NOT** consider adding extra salt to food or taking salt tablets to replace what you feel you have lost. There is enough salt in a balanced diet to support your bodies every day needs to function fully. Too much salt can cause:

- High blood pressure
- Cause stomach ulcers
- Increase the risk of heart attack
- Increase the risk of stroke



DRINK PLENTY OF WATER IT IS WHAT YOUR BODY NEEDS!!

In an effort to provide the workforce with clear concise Occupational Health information and allow an opportunity for all to carry out self-assessment C435 has erected Hydration Indicator posters in all site toilets.

The present hot weather spell has emphasised the need for all employees to ensure that they are sufficiently hydrated; the simple comparison chart allows everyone to self-check whilst also being a timely and prompt reminder to drink more water.

BKF have also erected posters around its sites highlighting that actions that inhibit re-hydration namely the consumption of carbonated drinks and advising on the dangers of over consumption of salt / or taking salt tablets.

The message is clear to the workforce 'Drink plenty of Water it is what your body needs'

