

## ULTRA ACCESS

### July Newsletter

#### Staying sufficiently hydrated, whilst working in hot weather

With the weather changing, and the days getting to a nice and tolerable level of warmth (for maybe the next 3 months, fingers crossed), Ultra Access thought it apt time to give some advice about the best ways to stay hydrated in hot weather.

**Dehydration is when the body loses more fluid than it receives**, mainly through sweating: which is the body's way of trying to regulate its internal temperature - profuse sweating will lead to lack of bodily water, which can cause symptoms like thirstiness, dizziness, headaches and nausea.

Severe dehydration can actually lead to serious health issues, like organ damage and in extreme cases - death.

Other bodily functions, besides sweating can cause dehydration, as can illness and stomach bugs. But, sweating without replenishing the lost fluids is the biggest cause of dehydration, so we'll concentrate on that for this publication.



Heat + humidity + strenuous physical exertion (ie: scaffolding) can lead to one becoming dehydrated pretty rapidly.

**The human body is made up of some 70% water / fluids (approx)** and it needs a certain amount of water to be drunk each day for basic functionality, and to avoid serious health complications.

It is recommended that on a regular day, an adult human should ingest at least 2l (litres) / 3.5 pints of water / fluids a day, either through water consumption, or by eating "watery foods", like soup, stews, and ramen-based noodles to name a few.

Certain fruits can also contribute to one's water intake.

**BE AWARE:** Drinks like coffee, RedBull, fizzy drinks and alcohol can actually increase one's thirstiness, whilst providing the body with fluids, so that needs to be taken in to account.

Now... 2l / 3.5 pints of water / fluids is recommended for an average adult human, based on an average day's activities.

Only a small percentage of people do heavy physical work day in, day out like scaffolders do, so that fluid intake should be higher.

**Much higher...**

We would advise anyone carrying out physically strenuous work (especially scaffolders) to **drink close to 3.5l (litres) / 6 pints of water / fluids per day** on the hottest days, and when you are working the hardest to keep suitably hydrated and safe whilst working at height, and in the dangerous conditions of our daily work.



And your urine will tell you when you are due a good drink, even if your thirst / possibly deteriorating physical condition doesn't - with the Ultra Access Urine-Hydration chart accompanying this as a Part B.