



Toolbox Talk

Topic: Cold Weather Dehydration

Dehydration is usually associated with work conducted in the warmer summer months. However, workers have an elevated risk of dehydration in cold weather because the body's thirst response is diminished. This can easily be overlooked if we are not looking for the signs and symptoms of dehydration. More clothing is worn in cold weather, making the body work harder. Sweat evaporates more quickly in cold air and you also lose moisture through your breath.

Cold weather dehydration can lead to:

- Reduced work performance
- Reduced blood volume
- Increased heart rate
- Reduced skin and muscle blood flow
- Impaired sweating
- Headache, nausea, insomnia, dry mouth

Signs of dehydration:

- Infrequent urination
- Dizziness
- Sleepiness or confusion
- Rapid heartbeat
- Fainting

Workers can protect themselves from the dangers associated with working in cold environments and dehydration by doing the following:

- Dress in layers to absorb perspiration
- Check the color of urine
- Eating fruits and vegetables with a high-water content
- Drink one cup of water every fifteen to twenty minutes/ warm or at room temperature to keep your body temperature optimal
- Water and sports drinks are the best fluids to maintain hydration
- Keep plenty of water in the job trailer or on the job site
- Limit the amount of coffee and soda – caffeine is a diuretic
- In severe cases, follow site protocol to seek medical assistance



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Date:

Presented by:

Organization/Department Name

Attendee Printed Name	Signature

Comments: