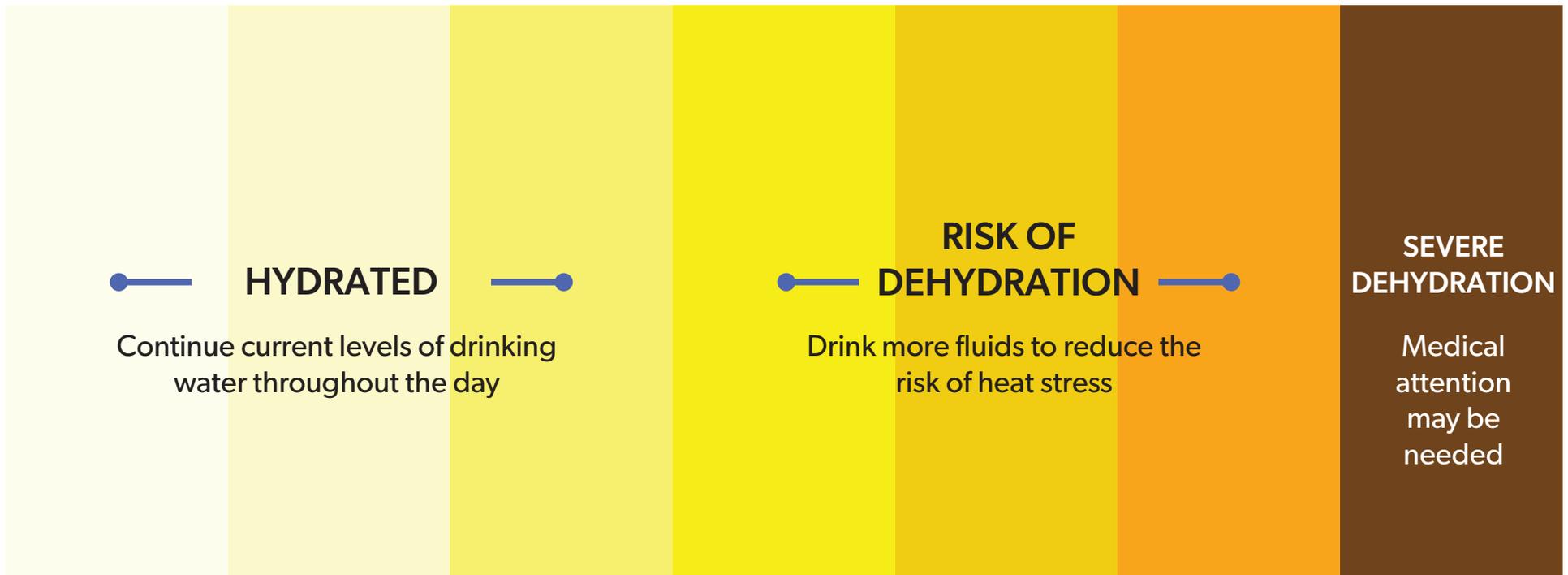


# ARE YOU HYDRATED?

One of the most simple and effective ways to avoid heat stress is to stay hydrated. Drink lots of water regularly especially when working in hot conditions.

The colour of your pee (urine) is a good indicator of your current level of hydration. Check the colour of your stream as the water in the bowl may make colours appear lighter.



\*\* Some foods and medications may alter the colour of your urine. Use this information as a guideline and always consult a medical professional as needed.

