

# STAY HYDRATED THIS SUMMER!

**Not only can staying hydrated help improve our work productivity, helping us perform better mentally and physically, it can also help to offset potential safety risks.**



## TOP TIPS TO IMPROVE HYDRATION

- 1 Start your day with a glass of water, or have a drink during the commute to work.**
- 2 Include a bottle of water in your work bag to ensure that you have access to water throughout the day.**
- 3 If dehydration could affect your safety, or of others, don't risk it. Consider ways to improve access to water for your colleagues to make sure you are well hydrated.**
- 4 Urine color is a useful indicator to monitor hydration status. This should be pale straw color. Dark yellow, concentrated urine or low output are signs that you need to drink more water.**
- 5 If you are feeling tired, have a headache, or are experiencing any other signs of dehydration, try having a glass of water, as a first step.**



## HYDRATION AND MOOD

When we are lacking water, this can begin to affect our mood. One study of 25 young women showed that dehydration led to poor mood, reduced concentration, a tendency to find tasks harder and more frequent headaches. In 2015 a study carried out on 120 American women found total water intakes influenced mood throughout the day. It was concluded that this should be considered when attempting to optimize day to day mood.

Another study carried out on 26 young men found that mild dehydration increased feelings of fatigue, tension and anxiety. Vigilance and working memory were also reduced.

Whilst these are small studies and not at all conducted specifically in the workplace they demonstrate how poor hydration could affect our mood. In turn, this has broader implications when it comes to work productivity and enjoyment of being in the workplace.

