



## Fatigue Reduction: Dehydration

### Why does hydration matter?

Symptoms of dehydration include:

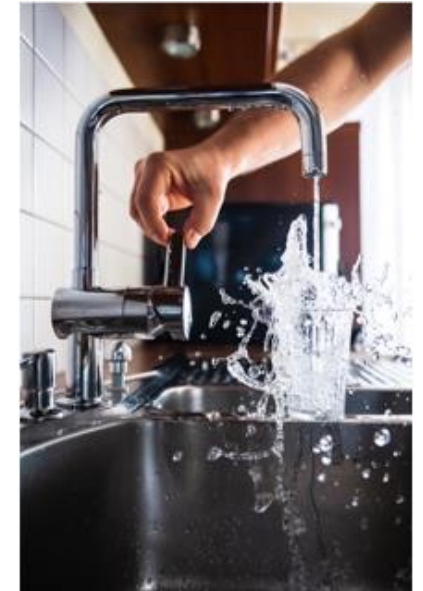
- Feeling thirsty
- Dark yellow and strong-smelling pee (straw coloured urine is good)
- Headaches
- Feeling dizzy or lightheaded
- A dry mouth, lips and eyes
- Peeing little, and fewer than 4 times a day
- Tiredness
- Lack of concentration

Many of these symptoms reduce our alertness; impacting our ability to perform at our best and work safely.

### What is dehydration?

Dehydration happens when your body is losing more fluids than you take in. The amount of water each person needs will be heavily influenced by their level of physical activity, overall health and the environment; when it's hot it's important to drink more fluids.

Because of this there's not one set amount of water you need to drink each day, but the NHS suggests 6-8 cups a day would be about right.



### Tips for Staying Hydrated

- Keep a water bottle handy.
- Lower fat milk, sugar free drinks and tea and coffee all count towards the NHS recommendation of 6-8 cups a day.
- Aim to make half your plate vegetables or fruit at meals. All those vegetable and fruit servings will supply water as well as vitamins, minerals, and fibre.
- Sip more during meals. Sipping water with meals will help you eat more slowly, pace eating, and stay hydrated.