

Talk Led By: _____

Date: _____

Site/Location: _____

Time: _____

Weather Report/Conditions:

_____ High: _____ °C Wind Speed: _____ km/hr
_____ Low: _____ °C Wind Gusts: _____ km/hr

Hydration and Heat Stress

Staying hydrated is one of the best ways to protect yourself and the people working on your farm from heat stress. Things like high temperatures, high humidity, direct sun, limited air movement, physical exertion, personal protective equipment, medications, illness and even age can affect the likelihood of someone becoming ill due to heat.

Hydrate Before Starting Work


- It is easier to stay hydrated than it is to try and catch up while you work.

Hydrate While You Work

- If you wait until you are feeling thirsty to drink something, you have already started to become dehydrated.


Hydrate After Work

- It may take time to get properly hydrated after work, and chronic dehydration puts you at risk for several medical conditions (e.g., kidney stones).




The Centers for Disease Control and Prevention recommends drinking 1 cup (8 oz) of water every 15 -20 minutes when working outdoors in the heat; this would be roughly 1 litre per hour.


If you rarely feel thirsty and your urine is colourless or light yellow, you are likely properly hydrated. Do not overconsume water as it can dilute the salt content of your blood to a potentially life-threatening point!²



Some individuals, women in particular, may intentionally hydrate less while working (such as when operating a combine) to avoid slowing down the pace of work or when a private place to urinate may not be available. This is an unhealthy and potentially dangerous practice. Discussing options and even considering pop-up privacy tents or female urinating devices may be worthwhile and cost-effective (\$15 - \$50) measures to take.



Urine Color Chart³



Adequately hydrated

Possibly dehydrated

Probably dehydrated

