

# MAREK

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**NOTE: IMPORTANT MESSAGE TO SUPERVISORS:** Encourage employees to take frequent rest and water breaks if they feel discomfort from the heat. Identify cooler areas where employees can cool down.

## THE HEAT

### If you are not sweating or urinating, is it a sign of dehydration?

**Did you know that after a holiday weekend, most people who consume alcohol are more exposed to dehydration?**

Drinking alcoholic beverages in hot weather can have serious consequences. During extreme heat, we sweat more, and drinking alcohol can cause us to **lose fluids because it increases urination**. This combination can lead to dehydration. The hypothalamus gland, located in the brain, plays a crucial role in regulating body temperature.

The human body can usually regulate its temperature through sweating until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage, and even death. While 2023 was the hottest year on record and led to at least 2,325 heat-related deaths in the U.S., more than 21,518 people have died from heat since 1999, according to the Journal of the American Medical Association.

Remember to look after yourself and your coworkers. If you notice that someone has not been drinking water, encourage them to stay hydrated. If you see that they stop sweating or show symptoms of heat exhaustion, make sure they take a break and cool down to lower their body temperature. Consult your supervisor about temporarily removing some safety gear while away from hazardous areas and active work zones so you can cool down. Remember to put all protective gear back on before returning to work.

#### **Water**

Water is the natural choice for hydration. It hydrates better than any other liquid, both before and during work. Water tends to be less expensive and more readily available than other drinks. You should drink 4 to 6 ounces of water every 15 to 20 minutes while working. That can add up to a lot of water, but it helps prevent dehydration. Water is best, but it only helps if you drink it.

#### **Are you drinking enough?**

When you drink enough fluids, your body stays balanced, and your urine will be pale, straw-yellow. When you have not had enough fluids, your kidneys try to save as much water as they can, causing your urine to become darker and more concentrated.

Dark yellow urine indicates that you are dehydrated and need to drink more fluids to prevent worsening dehydration. Dehydration happens when your body loses too much water. This occurs when you do not take in enough fluids or lose too much fluid from vomiting, diarrhea, fever, or sweating.

These illnesses cause your body to "save" fluids, such as those from your blood or other body tissues.

By the time a person becomes severely dehydrated, there is not enough fluid in the body to send blood to the organs, and that person may go into shock, which is life-threatening.

Early signs of dehydration:

1. Increased thirst
2. Dry, sticky mouth
3. Reduced urine output
4. Dark yellow urine

Moderate signs of dehydration:

- Extreme thirst
- Dry mouth
- Eyes do not produce tears (dry eyes)
- Urination decreases to about half as often in 24 hours (usually three or fewer times)
- Urine is very dark in color (dark amber or brown)
- You feel dizzy or lightheaded.