

HYDRATION LEVEL ASSESSMENT

Occupational Health & Safety Reference Chart

Employee Name: _____

Date: _____

Work Station: _____

Supervisor: _____

URINE COLOR	HYDRATION STATUS	REQUIRED ACTION
	OPTIMAL	Maintain current fluid intake.
	WELL HYDRATED	Continue regular water consumption.
	MILDLY DEHYDRATED	Drink 250ml of water immediately.
	DEHYDRATED	Drink 500ml of water. Monitor symptoms.
	SIGNIFICANTLY DEHYDRATED	Inform supervisor. Rehydrate immediately.
	SEVERELY DEHYDRATED	Seek medical attention. Stop physical labor.

***Note:** Certain vitamins, supplements, and medications may affect urine color. This chart is a general guide only. If you experience dizziness, headache, or extreme fatigue, report to the medical station regardless of urine color.*

