

HYDRATION STATUS

Workplace Health & Safety Guide

- 1. OPTIMAL** You are well hydrated. Maintain current water intake.
- 2. GOOD** Normal hydration levels.
- 3. FAIR** Slightly dehydrated. Drink a glass of water now.
- 4. MILD DEHYDRATION** Drink water immediately to recover levels.
- 5. DEHYDRATED** Increase fluid intake. Monitor for fatigue or headache.
- 6. VERY DEHYDRATED** Significant dehydration. Drink water or electrolyte solutions.
- 7. SEVERE DEHYDRATION** Risk of heat illness. Seek medical advice if symptoms persist.

Note: Certain vitamins, supplements, and medications may affect urine color. This chart is for general guidance only.