

# Hydrate for Your Safety

Drinking enough fluids is one of the most important things you can do to prevent heat illness.

- Hydrate before, during, and after work.
- Drink 1 cup of cool water every 15-20 minutes, even if you aren't thirsty! Water is generally sufficient for short jobs. For long jobs, drink an electrolyte sports beverage.
- Your work performance and safety can suffer when you're not hydrated, even if you don't notice.

[osha.gov/heat](https://www.osha.gov/heat)

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