

# Wellbeing support: keep hydrated

**Drink plenty before your shift.**

**Sip a range of drinks as often as you can.**

**Top up during breaks.**

Healthcare workers have a higher risk of dehydration as they are often working in warm, air conditioned environments. Long, busy shifts with limited breaks and wearing PPE increase this risk.

**Adequate hydration and regular meals can:**

**💧 Reduce fatigue and anxiety    💧 Support concentration**

**Eight ideas to support you:**

- / 1** Start your shift well hydrated. Drink at least 2-3 large glasses/mugs and bring a water bottle for your commute.
- / 2** Thirst isn't the best indicator of hydration status so don't wait until you feel thirsty.
- / 3** If you can't drink as much as usual, make sure you drink plenty during breaks.
- / 4** Check your urine colour. Dark urine is a sign of dehydration. Aim to keep urine a pale straw colour.
- / 5** Have a drink and go to the bathroom before going into PPE areas.
- / 6** If your work environment is causing you to sweat heavily, consider using a sports drink designed to replenish electrolytes on a break or when you finish. Low fat milk will also work.
- / 7** Don't skip meals. Regular meals will all help you stay hydrated and replenishes the micronutrients you lose throughout the day. Fruit and vegetables have a high water content.
- / 8** Avoid excessive consumption of alcohol and caffeinated drinks.



**Work Ready is the leading network of workplace specialist dietitians in the UK.**

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A British Dietetic Association initiative