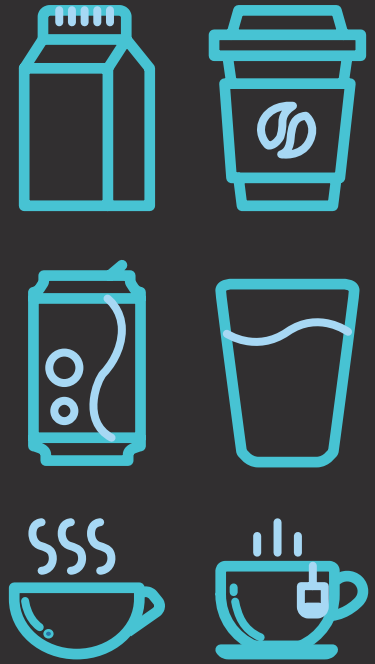


Wellbeing support: keep hydrated



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.

WORK READY!

A British Dietetic Association initiative