

# Safety Alert

Davis Constructors & Engineers  
Mass Excavation

January 27, 2020  
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OVER 75% OF AMERICANS ARE DEHYDRATED. ESPECIALLY WHEN YOU EXERCISE, DRINK PLENTY OF WATER TO PREVENT DIZZINESS AND FATIGUE.

Toolbox Topic:  
Stay Hydrated !

*hurray*  
NO  
Accidents!



Success is No Accident!

## Hours and Accident January 27, 2020

### Accidents/Incidents

Job	2020 Hours	W Comp Reportable	OSHA Report	Lost-Time	Hours an Accident
Bethel	4,591	0	0	0	No Accidents!
JL Marriot Remo	90	0	0	0	No Accidents!
Mass X Operations	1,594	0	0	0	No Accidents!
Providence	720	0	0	0	No Accidents!
Kodiak PAMC	448	0	0	0	No Accidents!
Regional Hospital	1	0	0	0	No Accidents!
St. Elias	177	0	0	0	No Accidents!
Small Jobs	455	0	0	0	No Accidents!
LRDR - Clear	3,514	0	0	0	No Accidents!
EIE 405 Utiliduct	367	0	0	0	No Accidents!
HDJV UAF CPHR Power	1,566	0	0	0	No Accidents!
<b>Total</b>	<b>13,523</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

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## Should you think more water in the winter?

In cold weather, the body's thirst response is diminished (by up to 40 percent even when dehydrated). This happens because our blood vessels constrict when we're cold to prevent blood from flowing freely to the extremities. (If you've ever had cold hands in winter, you know the feeling.) This enables the body to conserve heat by drawing more blood to its core.

But because of this, the body is fooled into thinking it's properly hydrated, e.g. *you don't feel as thirsty* and *your body doesn't conserve water*. Thus, in cold weather, athletes are less likely to drink water voluntarily, and additionally, their kidneys aren't signaled by hormones to conserve water and urine production increases, a condition called cold-induced urine diuresis.

So diminished thirst response and increased urine production are two contributing factors. Yet, there are several others that can lead to winter dehydration, including:

- ❖ Wearing extra clothing. Heavy jackets, long underwear and other pieces of warm clothing help your body conserve heat. But the added weight is one factor that makes the body work between 10 and 40 percent harder. By working harder, the body produces more sweat, contributing to fluid loss.
- ❖ Increased respiratory fluid loss. In cold weather, we lose more fluids through respiratory water loss. For example, when you can see your own breath, that's actually water vapor that your body is losing. The colder the temperature and the more intense the exercise, the more vapor you lose when you breathe.
- ❖ Sweat evaporates more quickly in cold air. We often think we aren't sweating in cold, dry weather, because it tends to evaporate so quickly. This is another factor that can contribute to a diminished thirst response.

**So the answer is a clear "Yes."** The dehydration risk remains in cold weather. Whether you're spending an afternoon walking with your best friend or cross country skiing – don't forget to hydrate!

*Success is No Accident!*