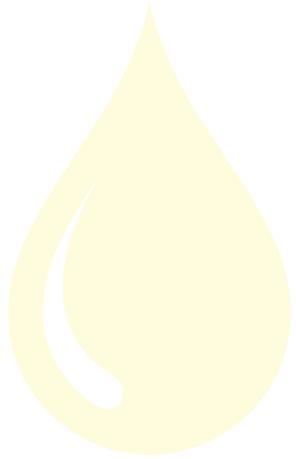
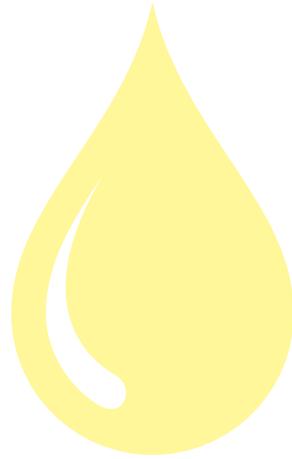


Dehydrated? Urine trouble.



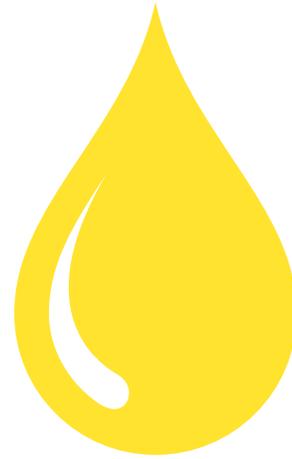
Well hydrated

No trouble here!
Maintain hydration.



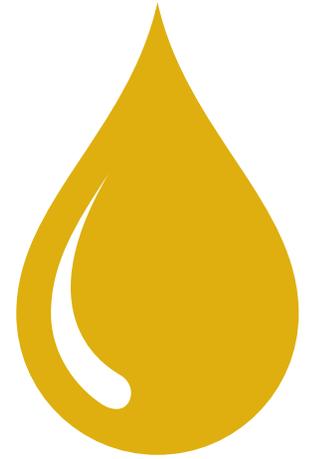
Hydrated

Drink a little more water
to stay out of trouble!



Dehydrated

Trouble! Drink water until
you are well hydrated.



Severely dehydrated

Big trouble!
Drink water
immediately!

Don't wait to hydrate! Prevent heat illness.



**Heat Illness
Prevention**

osha.gov/heat



**Occupational
Safety and Health
Administration**