

Safety Talk

Benefits Of Proper Hydration



ENHANCES BRAIN FUNCTION AND FOCUS

Water plays a key role in maintaining cognitive function. Studies have shown that even mild dehydration can lead to difficulty in concentrating, short-term memory problems, and increased feelings of anxiety or fatigue.

HELPS REGULATE BODY TEMPERATURE

Water allows the body to maintain a stable temperature through sweating and respiration. This becomes extremely important during physical exertion. Inadequate Hydration can lead to heat exhaustion or heat stroke.



SUPPORTS KIDNEY FUNCTION

Water helps the kidneys remove waste from the blood through urine. Dehydration can lead to increased risk of urinary tract infections (UTIs), kidney stones, and chronic kidney disease.

BOOST PHYSICAL PERFORMANCE

Low levels of dehydration can significantly affect strength, endurance, and coordination. Your body struggles to maintain temperature and blood pressure if you do not replace water after sweating during physical activity.



HELPS WITH DIGESTION

Water is essential for breaking down food, and absorbing nutrients. It also keeps the digestive system running smoothly, loosens stools, and helps prevent constipation.

DATE:

FACILITY:

SAFETY TALK LEAD BY:

DEPARTMENT:

DISCUSSION QUESTIONS:

How can you tell you are starting to get dehydrated?

How do you feel mentally when you are not properly hydrated?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org

Safety Talks can be found on the Staff Resource Centre at:
<https://src.healthpei.ca/safety-talks>