

# Staying hydrated at work

If you are thirsty, you are already dehydrated. Sip water throughout the day when it is hot to make sure you drink enough water.

Every 1/2 hour, drink 1/2 liter of water

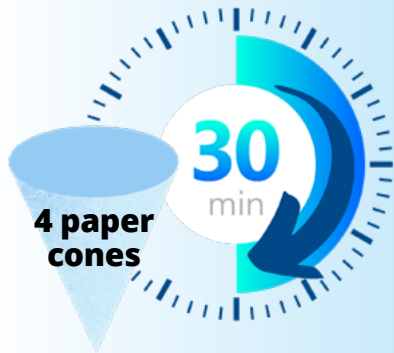
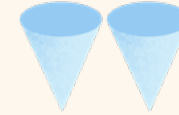
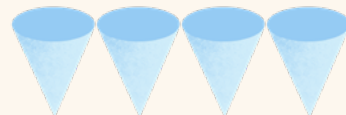
1/2 liter = 16 oz.



## Urine Color

GOOD

BAD



# Manteniéndose hidratado en el trabajo

No espere a tener sed. Tome agua durante todo el día cuando haga calor para asegurarse que se mantenga hidratado.

Cada 1/2 hora, bebe 1/2 litro de agua

1/2 litro  
≈ 16 oz.



## Color de la orina

BUENO

MALO

