

ARE YOU HYDRATED?

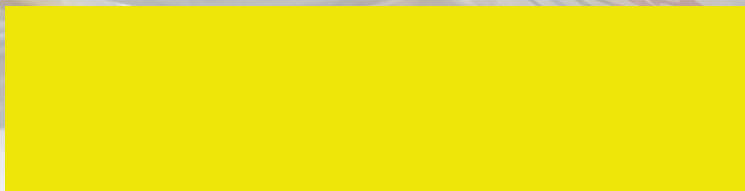
Urine Colour Chart



Doing ok. You're probably well hydrated.
Drink water as normal.



You're just fine. You could stand to drink
a little water now, maybe a small glass
of water.



Drink about 1/2 bottle of water (1/4 liter)
within the hour, or drink a whole bottle
(1/2 liter) of water if you're outside
and/or sweating.



Drink about 1/2 bottle of water (1/4 liter)
right now, or drink a whole bottle (1/2 liter)
of water if you're outside and/or sweating.



Drink 2 bottles of water right now (1 liter).
If your urine is darker than this and/or red
or brown, then dehydration may not be
your problem. See a doctor.

Be Aware If you are taking vitamin supplements, they can change the colour of your urine for a few hours after taking them.

For more information on working in hot conditions visit
<https://www.jseasy.com.au/working-in-hot-conditions>