

What to Drink

Water

Water will almost always maintain hydration during work in the heat, as long as you eat regular meals to replace salt lost in sweat.

What to Avoid

Energy Drinks

- Some energy drinks contain much more caffeine than standard servings of coffee, tea, or soft drinks.
- Drinking several energy drinks per day can raise your caffeine levels enough to affect your heart. High caffeine levels can be risky when added to the strain placed on your body by heat.
- Many energy drinks contain as much or more sugar as soft drinks, which adds hundreds of extra calories to your diet.

Alcohol

- Alcohol can cause dehydration.
- Drinking alcohol within 24 hours of working in the heat can increase the risk of heat illness.

What about salt tablets?

NIOSH does not recommend taking salt tablets.

In most cases, salt can be replaced by eating normal meals and snacks throughout the day. Do not skip meals.

What about caffeine?

The amount of caffeine in tea, coffee, and soft drinks probably will not have an effect on overall hydration.