



TOOLBOX TALK



WINTER HYDRATION FOR CONSTRUCTION WORKERS

Just because it's cold doesn't mean you're not losing fluids. In fact, winter dehydration is a real risk—cold air, heavy PPE, and fewer toilet breaks all add up. Staying hydrated is key to staying safe, focused, and accident-free on site.



1. What's one reason you lose water just by breathing in winter?
2. True or False: You can still get heat strain and muscle cramps in cold weather.
3. What urine colour indicates serious dehydration and the need for immediate action?

WHY YOU NEED WATER IN WINTER

COLD AIR IS DRY,
which makes you
lose water when
you breathe.

HEAVY PPE
make you sweat
more—you just
don't feel it.

You may avoid
drinking to stay
warm or skip toilet
trips, but this puts
you at risk.

HOW TO STAY HYDRATED



Sip warm water
or herbal tea
regularly



Use insulated
bottles to stop
water from
freezing



Eat fruits like
oranges or
apples during
breaks

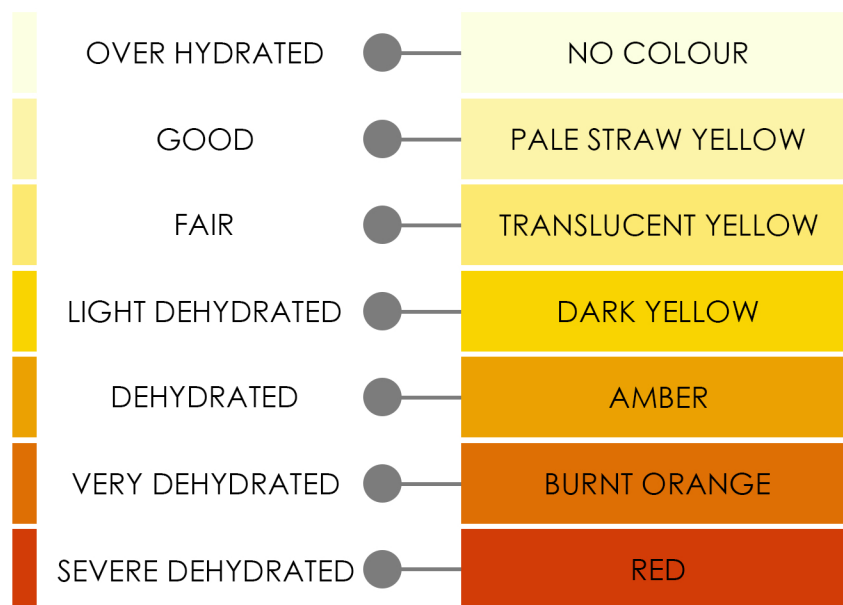


Avoid too much
coffee or
energy drinks



Set an hourly
reminder to
take a water
break

CHECK YOUR URINE COLOUR!



RISKS OF LOW WATER INTAKE



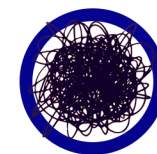
FATIGUE

Lower alertness = higher
risk of accidents



HEADACHES AND DIZZINESS

Early signs of dehydration



POOR CONCENTRATION

Increases chances of
human error



MUSCLE CRAMPS AND HEAT STRAIN

Yes, even in cold weather!



CONFUSION

Severe dehydration can lead to
serious medical issues



This form should be used by site supervisors, foremen, or managers during site toolbox talks, meetings, and training sessions.

All attendees should sign the register to confirm their attendance.



CAIRNMEAD

REGISTER

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