



# Dehydrated? **Urine trouble.**



**Well hydrated**  
No trouble here!  
Maintain hydration.



**Hydrated**  
Drink a little more water  
to stay out of trouble!



**Dehydrated**  
Trouble! Drink water until  
you are well hydrated.



**Severely dehydrated**  
Big trouble!  
Drink water  
immediately!

**Don't wait to hydrate! Prevent heat illness.**



[osha.gov/heat](https://www.osha.gov/heat)

