HYDRATION LEVEL CHART
(By Urine Evaluation)

Are you hydrated enough?
Use the chart below to find out.

The urine color chart is a simple tool that can be used to determine if enough fluid is being consumed throughout the day to remain properly hydrated.

PROPERLY HYDRATED - If urine resembles or matches these colors

DE HYDRATED - If urine resembles or matches these colors - more fluids should be consumed

SEVERELY DEHYDRATED - If urine matches these colors - SERIOUS DEHYDRATION has occurred. It is suggested that a physician be contacted to determine the severity of dehydration

The Effect of Fluid Loss on Performance
2% - Impaired Performance
4% - Capacity for muscular work declines
6% - Heat Exhaustion
8% - Hallucination
10% - Circulatory collapse and heat stroke

This safety information is provided by The Sqwincher Corporation as a public service to industry and the industrial worker.

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