**ARE YOU PROPERLY HYDRATED?**

**RECOMMENDED WATER CONSUMPTION**

### SELF-REPORTED DAILY AVERAGE OF WATER CONSUMPTION (PRE-INTERVENTION)

**AUTO-REPORTE PROMEDIO DIARIO DE CONSUMO DE AGUA (PRE-INTERVENCIÓN)**

- 2.57 liters (5.14 bottles)
- 2.57 litros (5.14 botellas)

### OSHA DAILY RECOMMENDATION FOR MODERATE HI (91-103 °F)

**RECOMENDACIÓN DIARIA DE OSHA PARA HI MODERADA (91-103 ° F)**

- 7.5 liters (15 bottles)
- 7.5 litros (15 botellas)

<table>
<thead>
<tr>
<th>Heat Index</th>
<th>Risk Level</th>
<th>Protective Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 91°F</td>
<td>Lower (Caution)</td>
<td>Implement precautions and heighten awareness</td>
</tr>
<tr>
<td>91°F</td>
<td>Moderate</td>
<td>Additional precautions to protect workers</td>
</tr>
<tr>
<td>103°F to 115°F</td>
<td>High</td>
<td>Additional precautions to protect workers</td>
</tr>
<tr>
<td>Greater than 115°F</td>
<td>Very High to Extreme</td>
<td>Triggers even more aggressive protective measures</td>
</tr>
</tbody>
</table>

**Risk Level**

- Lower (Caution)
- Moderate
- High
- Very High to Extreme

**Protective Measures**

- Implement precautions and heighten awareness
- Additional precautions to protect workers
- Additional precautions to protect workers
- Triggers even more aggressive protective measures

**Triggers even more aggressive protective measures**

- 7.5 liters (64 cones)
- 7.5 litros (64 conos)