

ARE YOU PROPERLY HYDRATED?

RECOMMENDED WATER CONSUMPTION

CONSUMO DE AGUA RECOMENDADO

SELF-REPORTED DAILY AVERAGE OF WATER CONSUMPTION (PRE-INTERVENTION)
 AUTO-REPORTE PROMEDIO DIARIO DE CONSUMO DE AGUA (PRE-INTERVENCIÓN)

 = 16.9 FLUID OUNCES
 16.9 ONZAS LÍQUIDAS



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)




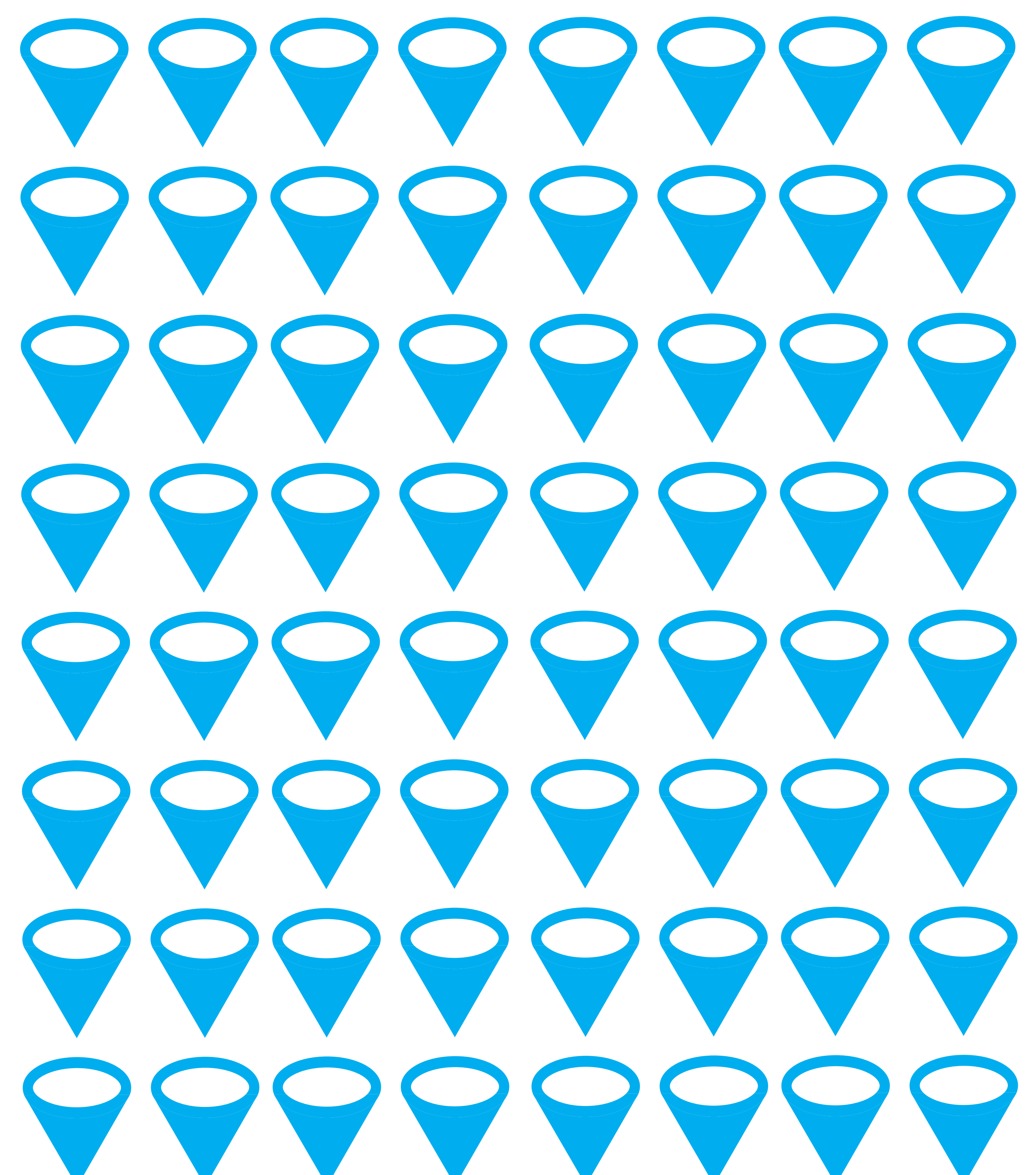
7.5 liters (15 bottles) 7.5 litros (15 botellas)

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

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

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

 = 1/2 cup
 1/2 taza



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