

# STAY SAFE IN THE HEAT

## HYDRATION & HEAT ILLNESS PREVENTION TIPS FOR TRADESPEOPLE



### HYDRATE BEFORE YOU'RE DEHYDRATED

- Drink 16–32 oz of water **first thing in the morning**
- Avoid starting your day with coffee or energy drinks alone
- Aim for **clear urine** before heading to work



### KNOW THE SIGNS OF HEAT STRESS

- Headache
- Dizziness or lightheadedness
- Muscle cramps
- Nausea or vomiting
- Confusion or disorientation

*If you're vomiting, it's already an emergency!*



### ELECTROLYTE BALANCE MATTERS (see additional info below)

- Don't rely on sugary sports drinks alone
- Use a 2:1 ratio — **2 parts water to 1 part electrolytes**
- Try a DIY mix: Himalayan salt + water (aka “slurry”)
- Add electrolyte sleeves (Pedialyte, Propel, etc.) to your cooler



### DRESS SMART

- Wear light-colored, breathable clothing
- Use UV-protective long sleeves if needed
- Always wear a hat and bring a pop-up shade tent if possible



### SET UP A COOL-OFF ZONE

- Use the truck, portable AC, or shaded space
- Pack ice chests with **extra ice** and keep them separate from drinks
- OSHA allows **as many breaks as needed** in extreme heat

**BONUS: INCLUDES AN OSHA-COMPLIANT  
Heat Illness Prevention Plan Template**

### DIY JOBSITE HYDRATION FORMULA

Tradepreneur Fuel: Electrolyte Water That Works

#### Sole Starter (make ahead)

1. Fill a mason jar with filtered water
2. Add a ½ to 1 inch of quality sea salt (like Celtic or Himalayan) to the bottom
3. Let sit overnight  
*The salt will saturate the water and form a “brine”*
4. This is your salt slurry concentrate—don't chug it straight

#### Daily Water Bottle Mix (for a 32 oz bottle)

- 1 tbsp of your sole water (electrolyte base)
- ½ lemon or lime, squeezed (vitamin C, flavor, alkalizing)
- 1 tsp raw honey or maple syrup (optional – just enough for glucose transport)
- 1/8 tsp potassium salt — like NoSalt or Lite Salt (optional but for cramps)

#### OPTIONAL BOOSTERS:

- Pinch of magnesium glycinate or drops of liquid magnesium
- Splash of coconut water (for natural potassium & taste)
- A couple drops of trace minerals or shilajit (if you're next-level)
- Shake that bad boy up. Sip steadily all morning. Refill mid-day if you're sweating buckets.

#### PRO TIPS:

- Avoid chugging plain water all day—flushes your minerals
- Make this your go-to crew cooler mix. Big jug + cups = hero move.
- If pee is clear, ease up. Light yellow = hydrated and balanced.

