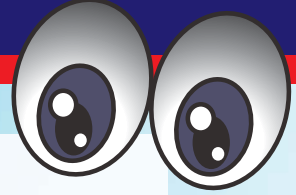


Quench

Improving hydration on board



This Quench Hydration Toolkit has been designed for seafarers.

It includes practical information and tips which will help you achieve optimum levels of hydration while on board. Staying hydrated helps to support your overall physical and mental wellbeing.

Water is well known for its energising properties. It is essential to good health as it is one of the six basic nutrients:

- Water
- Carbohydrates
- Fats
- Vitamins
- Proteins
- Minerals

The following are signs and symptoms of dehydration:

- Increased thirst
- Decreased urination * Darker colour may indicate dehydration
- Dry mouth
- Headaches
- Dry skin
- Dizziness
- Weakness
- Palpitations * Heartbeat feels like it is jumping and irregular
- Lack of sweating
- Sluggishness

What is the impact of dehydration on my health?

- Reduction in concentration
- Constipation
- Low blood pressure which may result in fainting
- Urinary tract infections and the development of kidney stones
- Increased risk of urinary tract infections, kidney stones, clots, heart attacks
- Reduction in muscle strength
- Heat cramps

Quench your thirst

Improving hydration will help towards preventing illness.

Urine colour says a lot about our hydration status. In general, the lighter the colour the more hydrated you are.

The more hydrated you are, the larger the volume of water you have in your body. When water is depleted, our urine becomes darker and more concentrated.

Keep drinking water to stay hydrated!

Abnormal urine colour may indicate a health issue other than dehydration. If you're experiencing abnormal urine colour on a regular basis, talk to your ship's Master.

Quench your thirst tips

- On a lazy day, try to drink around two litres of water.
- Drink a glass of water when you wake up!
- If you usually drink fizzy drinks, start by replacing just one glass a day with water
- Ask for water at meal times
- Add lemon, lime or orange to hot water instead of drinking coffee
- Carry water with you around the ship
- If you are exercising or working in a hot environment, stop and have a drink of water every 10 to 15 minutes
- Keep a check on the colour of your urine, it should be light in colour and odourless

Good hydration helps prevent diseases!

Conditions which may cause rapid fluid loss and lead to dehydration are:

- High temperature due to fever
- Too much exercise
- Vomiting, diarrhoea and infections
- Diabetes
- No access to safe drinking water
- Injuries to the skin such as burns, skin disease or infections

Seek urgent medical advice if these situations occur:

- Temperature higher than 39C (103F) that doesn't settle with temperature-lowering measures and medication
- Confusion
- Lethargy
- Continued headaches
- Seizures
- Difficulty breathing
- Chest pains
- Fainting
- No urine in the last 12 hours