

Hydrate

OHBA Wellness Pages

WATER makes up about 60% of your total body weight.



Brain is 73% water

Prevents memory loss as you age
Acts as a shock absorber for brain and spinal cord
Helps brain manufacture hormones and neurotransmitters



Lungs are 83% water

Helps deliver oxygen throughout the body

Kidneys are 79% water

Aids in digestion
Flushes body waste to the liver and kidneys for removal



Bones are 31% water

Lubricates joints and lessens discomfort from arthritis or back pain

Heart is 73% water

Lessens addictive urges, including caffeine, alcohol and certain drugs



Blood is 83% water

Allows for efficient cell repair
Delivers nutrients to the cells, allowing them to grow, reproduce and survive

So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake (AI) for men is roughly about 13 cups (3 liters) of total beverages a day. The AI for women is about 9 cups (2.2 liters) of total beverages a day.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible for their own operations, safety practices and procedures and should consult with legal counsel as they deem appropriate.

WELLNESS PAGE MEETING GUIDE

Topic: Hydrate

Project: _____ Address: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

Follow up on recommendations from last safety meeting:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)