TOIRMA

PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER

Fluid Fundamentals

The chart below details how much fluids "Industrial Athletes" should consume by before, during and after your work shift based on exercise type & intensity, temperature, body weight and is based on an 8 hour shift. Fluid consumption should be adjusted for body weight and work hours

The information contained on the chart below has been compiled from the Gatorade Sports Science Institute's Fluid Loss Calculator located at: http://data.gssiweb.com/fluidLoss

Temperature (Degrees Fahrenheit)	Body Weight (Pounds)	Fluid Ounces Needed	
		Every 15 Minutes	Total Over Shift
75	132-147	1	23
	148-225	2	64
80	132-166	2	64
	167-225	3	96
85	132-184	3	96
	185-225	4	128
90	132-203	4	128
	203-225	5	160
95	132-137	4	128
	137-222	5	160
	223-225	6	192
100	132-155	5	160
	156-225	6	192
105	132-174	6	192
	175-225	7	224

If these projections are correct you should be the same weight after the work shift as you were prior to beginning work. If you weigh less, drink more fluids your next shift (depending on the temperature). Also, if you weigh less, drink 20 to 24 ounces of fluids per pound of weight lost.

2 Hours prior to beginning work you should consume 16 to 20 ounces of fluids.