

HYDRATION

Why is staying hydrated important?

- Water is essential for many important functions within the body including brain function, kidney function, temperature regulation and joint lubrication and shock absorption.

Fishing is a physically and mentally demanding job so drinking enough fluid is essential to staying healthy, alert and being able to carry out the job safely.

If you become dehydrated this can lead to:

- Headaches
- Tiredness
- Lack of concentration
- Confusion
- Irritability
- Reduced strength and ability to be active for longer periods of time
- Constipation
- Urinary Tract Infections



The amount of fluid we need depends on body size, gender, age, how much we sweat, and can be affected by exercise/activity, hot weather, environmental or working conditions, and illnesses such as sickness, diarrhoea and those which cause fevers.

The general recommendation is to have 6 – 8 glasses a day or 2.5 litres for men /2 litres for women but when doing a physically demanding job you will need more.

How do I know I need to drink more?

Signs of dehydration include:

- Feeling thirsty
- Passing urine less frequently
- Dark yellow and strong-smelling urine
- Feeling dizzy or drowsy
- Dry mouth, lips and tongue
- Sunken eyes/darkened area around the eyes



What should I drink to stay hydrated?

- Drinking water is one of the best ways to keep hydrated
- Unsweetened tea & coffee
- Milk, unsweetened soft drinks or diluting juice
- Fruit juices and smoothies provide water and nutrients but are high in 'free' sugar so should be limited to 150ml/day
- Foods such as soups, fruits, and vegetables can provide water but the majority comes from drinks.

Tips to help keep you hydrated:

- Drink little and often when it is safe to do so and keep a water bottle handy; in a place you will be frequently
- Drink more frequently when active or in hot conditions
- Check your urine colour – it should be a pale straw colour; drink more if it is darker.
- Make sure you drink if feeling unwell, particularly with vomiting, diarrhoea or fever