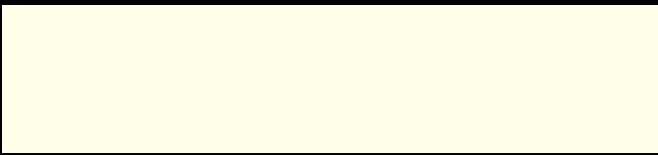
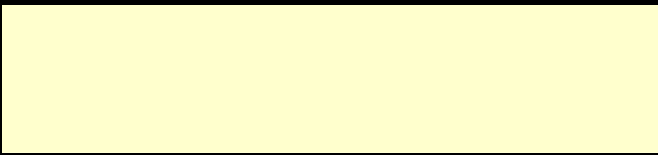
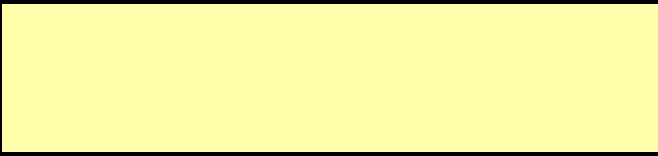





Are you hydrated?

Urine Colour Chart

1		
2		If your urine matches the colours 1, 2, or 3, you are drinking enough water.
3		Continue to consume fluids at the recommended amounts.
4		If your urine colour is below the RED line, you are on the way to becoming dehydrated
5		<u>DEHYDRATED</u> and at risk for cramping and/or a heat illness!!
6		<u>YOU NEED TO DRINK MORE WATER!</u>

Note: If you're taking nutritional supplements your urine will appear bright yellow. This is appropriate for 4 hours. After this time your urine should be starting to match 1, 2 or 3.

If you are performing physical labour you should ensure that you are properly hydrated by drinking water before, during and after the job.