Toolbox KITS

HYDRATION SAFETY TRAINING

Hydration safety training

29 CFR 1926.51 and 1910.141 drinking water rules

About 35 minutes, with a 10-question quiz

33 slides | About 35 minutes | 10-question quiz | English + Spanish



SAMPLE

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MODULE 1

Drinking water must be provided

Construction	→	General industry
An adequate supply of potable water at all places of employment	→	Potable water for drinking, washing and cooking
Potable: meets drinking water standards	→	Applies to permanent workplaces

SAMPLE

29 CFR 1926.51(a)(1) · 1926.51(a)(6) · 1910.141(b)(1)(i) · 1910.141(a)(1)

Toolbox KITS

Crew handout

Hydration on the job

29 CFR 1926.51, 1926.50, 1926.21, 1910.141

Do

- Drink water before your shift and small amounts often during it
- Drink more when it is hot, the work is heavy or you wear protective gear
- Use a single-use cup once, or your own clean bottle
- Keep coolers closed, in the shade and close to the work
- Tell the foreman when a cooler is low, empty or looks dirty
- Check your urine color: pale yellow is good, dark yellow means drink more
- Watch your coworkers for signs of trouble, and speak up
- Eat regular meals to help replace the salt you lose in sweat

Don't

- Don't share cups or dip a cup or bottle into the cooler
- Don't drink from a hose, tank or tap unless you know it is potable
- Don't wait until you are thirsty to drink
- Don't use a drinking water cooler for anything else
- Don't eat or drink where toxic materials are used
- Don't leave a confused or dizzy worker alone in the heat

SAMPLE

Remember **Drink early and often, keep the water clean and close, and look out for each other.**

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