**TBT-**[**Heat**](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) **Disorders -** [**Dehydration**](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html)

This week we’ve been looking at various [heat](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) stress disorders that may affect us as the [summer](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) [heat](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) increases the temperature and humidity of our facility. During the [summer](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html), we must all take precautions to ensure our bodies don’t get over heated.

Today we’ll look at [dehydration](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html). Although it is technically not a [heat](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) disorder, it is certainly related.

[Dehydration](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) occurs when you lose more fluid than you take in and your body doesn't have enough [water](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) and other [fluids](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) to carry out its normal functions. If lost fluid remains unreplenished, you may suffer serious consequences.

Common causes of [dehydration](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) include intense bouts of diarrhea, vomiting, fever or excessive sweating. Inadequate intake of [water](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) during hot weather or exercise also may deplete your body's [water](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) stores. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk.

Mild [dehydration](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) can cause symptoms such as

* Dry, sticky mouth
* Sleepiness or tiredness
* Thirst
* Decreased urine output
* Few or no tears when crying
* Muscle weakness
* Headache
* Dizziness or lightheadedness

[Dehydration](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) can be treated by replenishing the lost [fluids](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) your body has lost. Drink at least 32 ounces of [water](http://safetytoolboxtopics.com/Seasonal/heat-disorders-dehydration.html) or sports drinks slowly and steadily. Rest, if you don’t feel better, drink more slowly and steadily.