

# How Much Water Do I Need to Drink?

## 1. Before work in the heat, make sure you are adequately hydrated:

- Drink water with meals to enhance fluid replacement.
- Recover for eight to 12 hours after working in the heat.
- Drink 16 to 20 fluid ounces four hours before work.

## 2. During work in the heat:

- Drink 8 to 12 ounces of fluids every 15 minutes.
- Plan on drinking more during very hot weather or difficult work.
- Drinking more than 1.5 liters per hour is not recommended
- Consider using a sports drink for difficult work over one hour.

## 3. After work in the heat:

- Drink 16 to 24 ounces for every pound lost at work.
- Post-work meals should include water.

