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.