



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER

Fluid Fundamentals

The chart below details how much fluids “Industrial Athletes” should consume by before, during and after your work shift based on exercise type & intensity, temperature, body weight and is based on an 8 hour shift. Fluid consumption should be adjusted for body weight and work hours

FLUID FUNDAMENTALS

FLUID LOSS CALCULATOR



The information contained on the chart below has been compiled from the Gatorade Sports Science Institute’s Fluid Loss Calculator located at: <http://data.gssiweb.com/fluidLoss>

| Temperature (Degrees Fahrenheit) | Body Weight (Pounds) | Fluid Ounces Needed | |
|----------------------------------|----------------------|---------------------|------------------|
| | | Every 15 Minutes | Total Over Shift |
| 75 | 132-147 | 1 | 23 |
| | 148-225 | 2 | 64 |
| 80 | 132-166 | 2 | 64 |
| | 167-225 | 3 | 96 |
| 85 | 132-184 | 3 | 96 |
| | 185-225 | 4 | 128 |
| 90 | 132-203 | 4 | 128 |
| | 203-225 | 5 | 160 |
| 95 | 132-137 | 4 | 128 |
| | 137-222 | 5 | 160 |
| | 223-225 | 6 | 192 |
| 100 | 132-155 | 5 | 160 |
| | 156-225 | 6 | 192 |
| 105 | 132-174 | 6 | 192 |
| | 175-225 | 7 | 224 |

If these projections are correct you should be the same weight after the work shift as you were prior to beginning work. If you weigh less, drink more fluids your next shift (depending on the temperature). Also, if you weigh less, drink 20 to 24 ounces of fluids per pound of weight lost.

2 Hours prior to beginning work you should consume 16 to 20 ounces of fluids.

For more information, contact your Loss Control Consultant at (888) 562-7861

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7