



# HYDRATION CHECK

1

## GRAB YOUR WATER BOTTLE

- Make sure to have water nearby or better yet, have a re-usable water bottled clipped to your belt

## START & END WITH WATER

- Drink water before, during, and after being in the heat

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3

## FIND YOUR BUDDY

- Find someone you trust that will stay close
- When you drink, they drink too
- Make sure you both know signs of heat stress

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## DO THE PINCH TEST

- Pinch the skin on your arm or stomach with 2 fingers, let it go and check to see if skin springs back to normal in 1-3 seconds, if it's slow, you are dehydrated.

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## TAKE A BREAK

- Make sure to take short frequent breaks and rest in cool shaded areas if possible.