



Weekly Safety Tip

National Work Zone Awareness Week



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Back in 2022, 891 people were killed in work zone crashes, according to [Injury Facts](#) – an online source of preventable death and injury statistics compiled by the National Safety Council.

528 fatalities occurred in construction work zones. (Others included maintenance and utility zones.)

Work zone deaths reached a high in 2002 at 1,186.

One way to help prevent these deaths:

Set up an effective temporary traffic control zone to ensure workers are protected.

“Each jobsite should have a traffic control officer or competent person onsite to ensure that setup, teardown and repositioning of the work zone occurs in accordance with a site-specific traffic control plan,” the Laborers’ Health & Safety Fund of North America says. “It is their job to ensure proper teardown and repositioning are performed inside the work zone safely and performed from properly marked vehicles.”

Here are other devices OSHA says to use when setting up a temporary traffic control zone:

Signs. “Standard highway signs for information, speed limits and work zones will assist drivers in identifying designated traffic paths.”

Cones, barrels, barricades and delineator posts. These devices will “instruct drivers to follow a path away from where work is being done.”

Concrete, water, sand or collapsible barriers; crash cushions; and truck-mounted attenuators. These will limit “motorist intrusions” into the work zone.

Flaggers. “Flaggers should use STOP/SLOW paddles, paddles with lights, or flags (flags should be used only in emergencies.)” These workers also need to be outfitted in high-visibility clothing.

Lighting. “Lighting for workers on foot and equipment operators is to be at least 5 foot-candles or greater.” Remember to eliminate as much as possible glare that may be affecting workers and drivers.

Respect the zone so we all get home is the 2025 theme of [National Work Zone Awareness Week](#) (April 21-25), an initiative of the North Carolina Department of Transportation.

Attribution: National Safety Council

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Weekly Safety Share



**Drinking Water But Still Feeling
Dehydrated?**



An SCNWO Health & Well Being Share



Drinking water but still feel dehydrated? This might be why

We all know how important it is to drink enough water. Even if you do drink enough water (and make several trips to the bathroom), you might still feel like you're not *that* hydrated after all. If this sounds like you, you're not alone. So, why does it happen? Here's what you should know.

Why is hydration so key?

"Stay hydrated!" Hear that often? I bet. Less discussed is *why* you should. Most notably, keeping hydrated is necessary so that your body can support blood circulation, facilitate waste removal, maintain proper body temperature, protect the organs, and more. Most recommendations suggest aiming for two liters of water per day, although this can vary depending on diet, activity level, and medications. Diet can play a big factor in hydration, although it is frequently overlooked. Produce like cucumber, berries, celery, tomato, and zucchini contain higher amounts of water and micronutrients.

Why do people feel dehydrated when they drink enough water?

There could be different reasons for this, but the biggest is [electrolyte imbalance](#). Water isn't the only thing you need for proper hydration. You also need electrolytes like sodium, magnesium, and potassium. Drinking too much water can dilute these electrolytes. Additionally, if you're someone who only drinks distilled water, you won't get those electrolytes.

Your body tries hard to maintain proper fluid balance. One way that it achieves this is by using the help of electrolytes to assist your cells. Most Americans get enough sodium every day, and they usually exceed the recommended 2,300-milligram maximum. At the same time, most Americans do not meet the recommended 4,700 milligrams of potassium, or 400 milligrams of magnesium per day.

Bananas, coconut water, potatoes, beans, and lentils are some of the top dietary sources of this potassium. Food sources of magnesium include green leafy vegetables, legumes, nuts, and seeds. Ensuring you get adequate water as well as electrolytes helps to not only facilitate better hydration than what only plain water would provide but also regulate blood pressure better. The good news is that many of these foods also contain water, meaning you get the best of both worlds.

Getting enough electrolytes becomes even more important if you are someone who sweats a lot. Not only do you lose water in sweat, but electrolytes as well. This is why many athletes grab drinks like Gatorade or electrolyte mixes to put into their water. While you want to be mindful of the sugar content in these drinks, simple carbohydrates may be beneficial as they can help to enhance the rate at which fluid is absorbed into the body.

Bottom Line

If you feel like you're drinking enough water but don't think you're that hydrated, it may be because you're not getting enough electrolytes. Water is only one part of the hydration picture, as it goes hand in hand with electrolytes.

Sometimes imbalances can happen from drinking too much water. Other times it can happen when electrolytes fail to be replenished properly. The solution probably isn't to chug down even more water. Instead, try to increase your consumption of fruits and vegetables that are rich in potassium and magnesium, and possibly include electrolyte mixes in your routine. This may be especially important if you're an athlete or someone who sweats often.

Attribution: a *Study Finds* article by Shyla Cadogan, RD Dec 20, 2023

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