

# VOLTS News

## Valuing Our Lives Through Safety

August 2023—Volume 117

## VOLTS Data Report for July

Total Observations: 319

319 WEEKEND MEALS!

IPSC Emp. Contact Rate: 1.0

Total Safe Behaviors: 2,594

Total At-Risk Behaviors: 24

### Top 3 Safe Behaviors

- Focus on Task (273)
- Required PPE (268)
- Eyes on Path (218)

### Top 3 At-Risk Exposures

- Required PPE (7)
- Respiratory (4)
- Eyes on Path (2)

### VOLTS Steering Committee Members

Casey Draper, Facilitator

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## Water: It's Essential for Your Body by Casey Draper

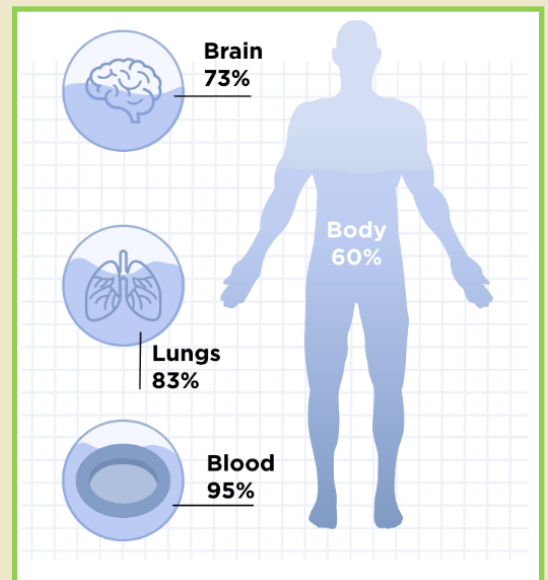
In this VOLTS newsletter, I want to discuss your body's most vital and essential nutrient—water. We often hear about the importance of water and hydration, but why is water essential for your body? Nearly all your body's major systems depend on water to function and survive. With water making up about 60 percent of your body, it's no surprise that staying hydrated is essential to feeling healthy and keeping your body functioning properly.

Recently, I used the [Watson formula](#) to estimate the amount of water in my body. It turns out that a 40-year-old, 5'10" male, that weighs 190 lbs. has approximately 47 liters of water in his body. So, where is all this water stored? Much of the liquid portion of your blood (plasma), is 95 percent water. According to Dr. Shimamoto (April 2000), water is essential to your body's function. For example, your brain and heart are 73 percent water, and your lungs are 83 percent water. Even your bones are 31 percent water.

Water is essential in every system and function of the body, and good hydration has several health benefits. For example, water:

- Helps regulate your body temperature
- Lubricates your joints
- Is part of the "shock absorber" system in the spine
- Carries glucose, oxygen, and nutrients to your cells through plasma
- Helps with digestion
- Helps the body to get rid of waste products mainly through your kidneys

**Water, Electrolytes, and How Much Should I Drink?** According to Dr. Andrew Huberman (March 6, 2023), water is the body's most



## Water: It's Essential for Your Body by Casey Draper (cont.)



vital and essential nutrient. Water combined with electrolytes such as salt, magnesium, and potassium (not sugar) are critical to the function of all the cells in your body—particularly to the function of your cells within your nervous system. Dehydration or even a slight dip in electrolytes can lead to deficits to your cognitive and physical performance. While the amount of water intake you need depends on a broad range of scenarios, a well-known guideline says to drink at least 8 glasses (8 fluid ounces), or 64 ounces, of water a day. This is often referred to as the “8x8” rule and is used as a popular benchmark for keeping yourself hydrated. While 20 percent of our daily fluid intake comes from the food we eat and the rest from the liquids we drink, we can help replenish our electrolytes naturally by eating foods such as bananas, avocados, watermelon, oranges, strawberries, and mangos to help

regulate our electrolyte balance. In addition, formulated electrolyte supplements can be added to water to help maintain healthy fluid levels and avoid the potential health problems that come with dehydration.

Tips for staying hydrated:

- Drink a glass of water first thing in the morning.
- Invest in a good water bottle that functions well and can serve as a visual reminder to drink more water throughout the day.
- Drink a glass of water before each meal.
- Focus on your body's signals, and check the color of your urine.
- Set a daily goal; challenge friends to join in a competition to stay hydrated.

Water and hydration are essential to your body's function. Knowing more about your body's water percentage, daily water consumption, and water loss will help you maintain an ideal range for good health and mitigate other risk factors. The VOLTS Steering Committee encourages you to stay safe during these hot summer conditions and maintain your health through proper hydration!

### References

- Huberman Lab Podcast (2023, March 6). *How to optimize your water quality and intake for health* [Video]. <https://www.youtube.com/watch?v=at37Y8rKDIA>
- Shimamoto, H. (April, 2000). *Physiological Anthropology and Applied Human Science Journal*



*What's your why?*

Do an observation today!

### Thank you!

Thanks to everyone who completed observations during the 2022-23 fiscal year. With your help, we achieved our contact-rate goal every month! Keep up the good work, and continue watching out for you and your coworkers' safety. Thanks again!

Please continue doing observations, and remember that IPSC will contribute to the Strike Out Hunger initiative for every observation completed in July and August. Let's make sure that no Millard County children go hungry through weekends during the school year—and beyond.



## Strike Out Hunger INITIATIVE 2023



Each Observation during August helps to support food insecurity during the school year!