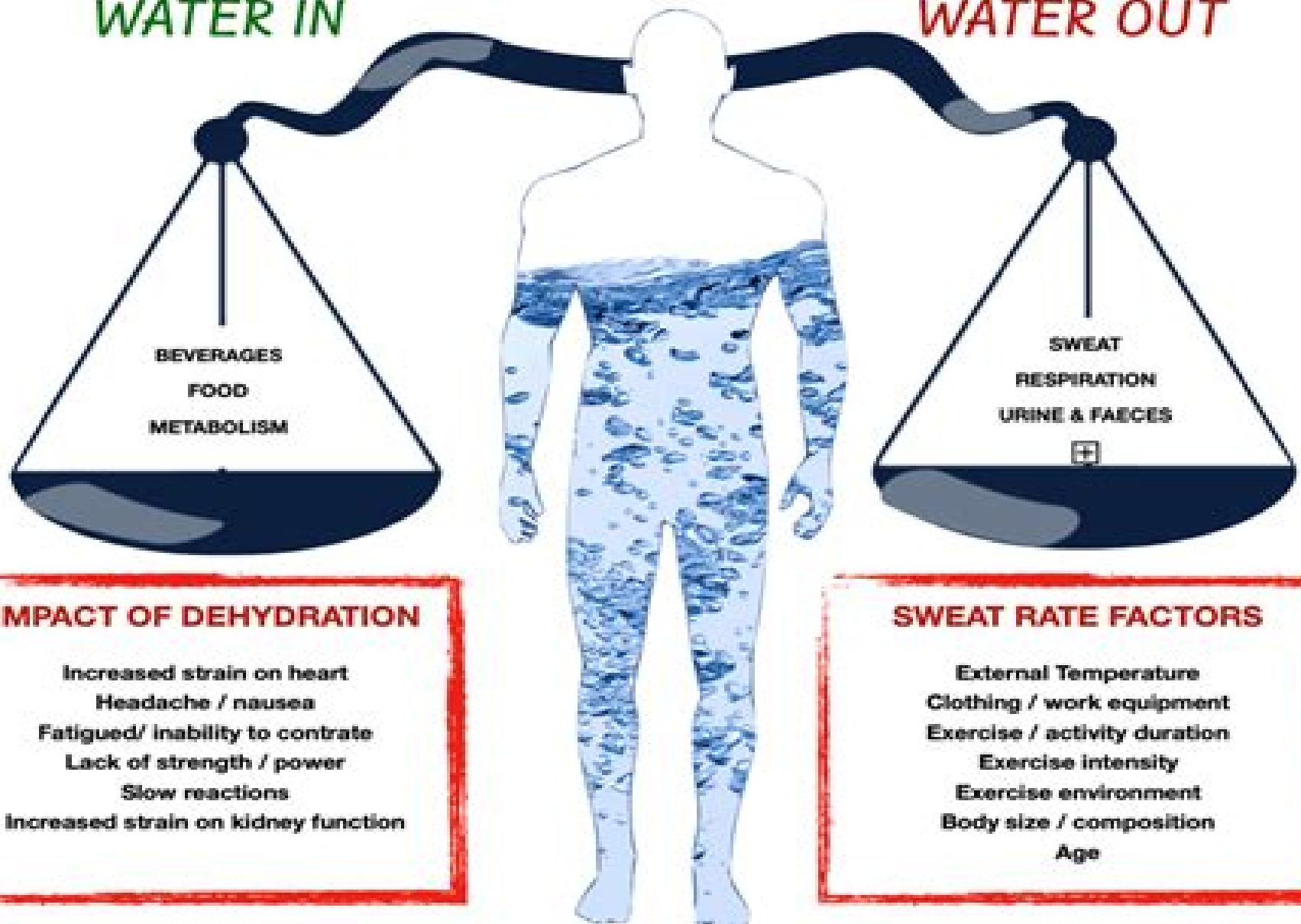


FLUID BALANCE

WATER IN

WATER OUT



IMPACT OF DEHYDRATION

- Increased strain on heart
- Headache / nausea
- Fatigued/ inability to contrate
- Lack of strength / power
- Slow reactions
- Increased strain on kidney function

SWEAT RATE FACTORS

- External Temperature
- Clothing / work equipment
- Exercise / activity duration
- Exercise intensity
- Exercise environment
- Body size / composition
- Age

Quick Reference To Fluid Balance

Rosina Ehmann



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