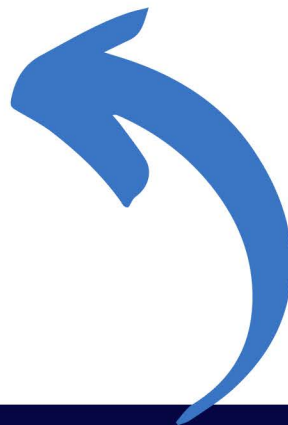




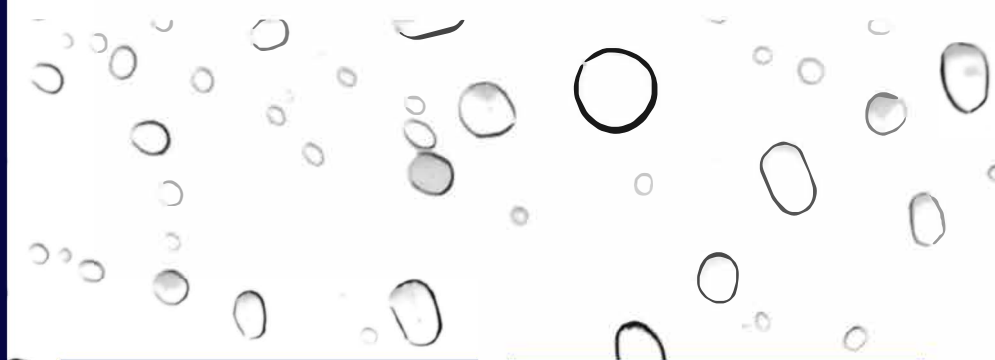
TRUCKER HEALTH: HYDRATION

JULY 2025

<https://bit.ly/49vllIM>



Monthly Safety Training



HYDRATE.

Being well-hydrated improves sleep quality, cognition, and mood. It also regulates body temperature, lubricates joints, and protects vital organs.

WATER-RICH FOODS.

Cucumbers, watermelon, strawberries, celery, lettuce, zucchini, tomatoes, cantaloupe, cauliflower, and broccoli are all made up of 90% water and are high in nutrients.

WATCH DAILY INTAKE.

Always drink the recommended 8 glasses of water per day and avoid alcohol and caffeinated drinks.

HYDRATION TIPS.

Set goals like drinking water with every meal or snack, keep a bottle of water with you, track daily water intake and set a timer reminder to drink.

HYDRATION AND SAFETY.

Never avoid water to reduce bathroom stops. Staying hydrated helps alertness and reduces the risk of dehydration-related mistakes.

SCAN THE CODE, LEARN MORE.

We have created a short, fun, and interactive “game” for each monthly safety training topic. Scan or click the code to play along!