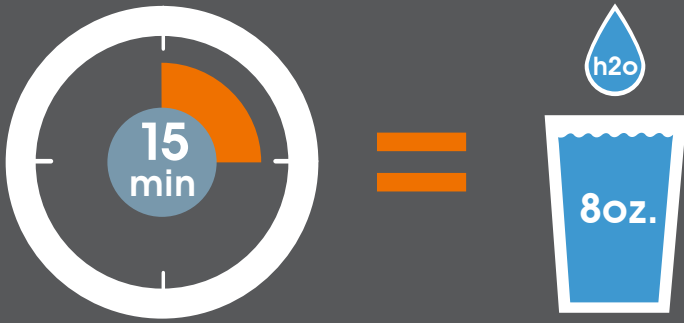


# HOW MUCH WATER DO YOU NEED? CORE SAFETY GROUP



Guidelines recommend that an outdoor worker **drink 4 cups (32 ounces or 8 cones) of water every hour**, even if they're not thirsty.

However, **it is best to drink a small amount of water often**. For example, 1 cup (8 ounces or 2 cones) **every 15 minutes**.

Generally, fluid intake should **NOT** exceed 6 cups (48 ounces or 12 cones) per hour. So how much water do you need for your crews?



## So what does this mean?

One 5-gallon water jug could provide water for:



### So Let's Put You To The Test...

If you have a crew of **20 workers** in an area and you want to provide water for them for a **4-hour period**, how many **5-gallon water jugs** would you need?

**Answer:** (4) 5-gallon water jugs (20 gallons total). Or 20 workers for 4 hours (2) 5-gallon water jugs refilled every 2 hours.

## Now, Let's Think Big!

2-Hour water supply for 100 Workers =  x10

4-Hour water supply for 100 Workers =  x20

4-Hour water supply for 200 Workers =  x40

So the logistical question here is: do you want more water jugs, or do you want to refill them more often? This may depend on your site conditions and the facilities available to you.

Let's be mindful of the water quantity needed on site. We would not try to pour a 300-yard deck with 100 yards of concrete!