

HOW MUCH WATER DO YOU NEED?



It's recommended that outdoor workers drink **4 cups** (32 ounces or 8 cones) of water **every hour**, even if they're not thirsty.

However, it's best to drink **small amounts** of water throughout the day. 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 does your crew need?

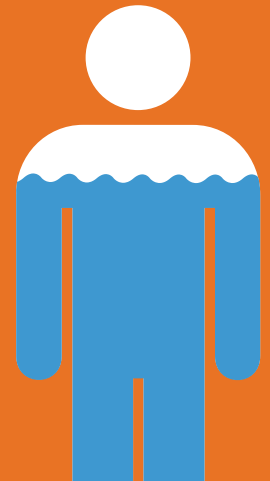
15
MINUTES =



1
HOUR =

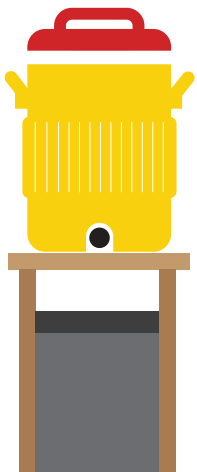


4
HOURS =



What does this mean exactly?

One 5-gallon water jug could provide water for:



5 Men for **4** Hours
= **10** Men for **2** Hours
20 Men for **1** Hour

Let's put you to the test...

If you have a crew of **20 men** that you need to provide **four hours** worth of water for, how many **5-gallon jugs** would you need?

Answer:

- (4) 5-gallon jugs (20 gallons total) OR
- (2) 5-gallon jugs refilled every (2) hours.

Now, let's think big!

2-Hour water supply
for **100 Men** =  x10

4-Hour water supply
for **100 Men** =  x20

4-Hour water supply
for **200 Men** =  x40

The logistical question: do you need more water jugs, or do you want to refill them more often? Your choice may depend on the site conditions or the facilities available to you.

Bottom line: be mindful of the water quantity needed on site. You wouldn't try to pour a 300-yard deck with 100 yards of concrete!