

SAFETY CORNER

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Ride the Heat Wave!

Heat and Hydration

Don't ignore the signs of dehydration! Riding may not appear to be a highly physical activity to some, but motorcyclists are very vulnerable to dehydration due to the drying effect of the wind and exposure to the weather. Dehydration can occur at high altitudes and in cold weather, as well as hot Florida temps.

Many symptoms of dehydration can affect your judgement and impair your ability to operate a motorcycle safely.

Mild to Moderate Dehydration is likely to cause:

1. Dry, sticky mouth
2. Sleepiness or tiredness
3. Thirst
4. Decreased urine output
5. Headache
6. Dizziness or lightheadness

Some Dehydration-a medical emergency-can cause:

1. Extreme thirst
2. Irritability and confusion
3. Very dry mouth, skin and mucous membranes
4. Little or no urination-any urine that is darker than normal
5. Low blood pressure
6. Rapid Heartbeat
7. Rapid breathing

In the most serious cases, delirium or unconsciousness.

You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment. The safest approach is preventing dehydration in the first place. Keep an eye on how much fluid you lose during your ride and drink enough liquids to replace what you've lost.

Best ways to replenish fluids while riding:

1. Carry a water bottle at all times.
2. Rehydrate at fuel stops.
3. Limit caffeine and alcohol and sugary drinks.
4. Snack on water-rich fruits/veggies such as cucumber, watermelon, strawberries, grapefruit, celery, tomatoes, oranges, cantaloupe, peaches, and apples.
5. Sports drinks, electrolyte solutions, and milk help the body absorb fluids more quickly.
6. Set an alarm to remind you to hydrate on your ride and throughout the day.



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