Laborers know that when hard work is in order at a jobsite, things can get pretty sweaty. And when you sweat, you lose lots of fluid through your skin. Believe it or not, your body is about 60% water. If this number goes down even a little bit and you don’t have enough water in your system, you can end up dehydrated. Being dehydrated can make you feel tired, give you a headache, and bring down your job performance. Read on for some hydration hints—some new, and some tried and true.

- Drink 8 large glasses of water every day. On hot days that make you sweat a lot, you can go for even more.

- Flavored waters are OK if you want a little taste. 100% fruit juice is also good, but don’t overdo it. Stick to two 6-ounce servings a day—otherwise, you’ll be taking in too many calories.

- Avoid cola drinks or coffee. These contain caffeine, which actually dehydrates you even more.

- Bite into some fruits and vegetables. They are mostly water and are a refreshing and tasty way to replace lost fluids in your body. If you’re working and have dirty hands, try a banana. You can peel and eat it without touching the fruit once.

- Your body needs minerals like potassium, but they are easily lost when you sweat. Replace them with fruits and vegetables, which are good sources of potassium and other minerals.

Keeping hydrated has other benefits, too. It can lower your risk of getting bladder cancer. It can also help with hemorrhoids. Even though no one likes to talk about them, a lot of people have hemorrhoids. In fact, about half the population has them by age 50!

So what’s the connection between hemorrhoids and staying hydrated? Well, avoiding constipation is the best way to avoid hemorrhoids. Doctors recommend taking in lots of fluids and fiber to help keep constipation away. Drinking water is a good start for getting fluids.

Some great sources of fiber include:

- fruits
- vegetables
- whole grains
- beans