

**Hydration Practices of the Fresno State Grounds Crew**

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**Abstract:**

The extreme heat experienced in the Central Valley can lead to dehydration and heat illnesses in outdoor occupational workers such as landscapers, firefighters, law enforcement officers, and construction workers. The goal of this study was to determine the hydration practices of the Fresno State Grounds Crew and compare their drinking habits to best practices. This information would assist Facilities Management assess their current rest and hydration guidelines to ensure that enough time and fluids are provided during the work day to maintain hydration and mitigate heat illnesses. The plan was to complete a field study observing the hydration practices of the staff during outdoor labor around campus. Each day prior to beginning their shift and after the shift was completed, participants would fill out a hydration questionnaire, assess their current level of thirst, and be weighed to assess sweat loss. Water consumption throughout each shift would be calculated by continuous tracking of the volume of water consumed by weighing each staff member's individual water bottle. They would be instructed to drink as they normally would throughout their shift. During implementation of this study, Facilities Management staff agreed to participate and supported the research. However, when the study was presented to the Grounds Crew there were no individuals who wanted to participate. I will re-approach the Grounds Crew next summer with a similar study to see if they are interested in participating.