

**From:** Fred Beyerlein  
**To:** [DIR\\_RS](#)  
**Subject:** Heat Illness Prevention Draft Text...Incorrect health information noted on page 4  
**Date:** Thursday, May 31, 2018 12:46:54 PM

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Hello,

In response to your request for comments on Heat Illness Reduction (actually the preferred word, hence hospitals have fall reduction programs and not fall prevention per Joint Commission standards). There is no medical evidence that drinking coffee or caffeinated sports drinks dehydrate you. I have mentioned this at Ag OSHA presentations with little avail based on the current revision I just read.

In fact, a worker who forgoes his cup of coffee is at risk of dehydration if he opts for less water than that consumed in his coffee. As a health professional, former hospital executive and avid researcher, I hope you either remove this from your standard or at least fully develop your idea. Attached is layman's articles to support this change, if you want peer review articles, they can easily be sourced at PubMed.

Clearly, an FLC will provide cool water per standards, however, a worker who opts for their own thermos of coffee shouldn't be placed in a state of fear due to their government agency being slow to change. Moreover, excess body fat is more of an issue since high body fat equates to lower total body water. A fat 150 pound person is more at risk than a muscular 150 pound person. Now that's real education...

<http://time.com/5192272/coffee-tea-dehydrating/>

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/caffeinated-drinks/faq-20057965>

Regards, Fred

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