

# SQWINCHER VS. WATER



If your company is using water alone to prevent heat stress, the cost may surprise you. How much does a trip to the hospital for one of your employees cost? How about lost time, lost productivity, and **outrageous disability costs**? Nationally, the average cost per worker for a disabling injury is an astronomical \$28,000\*. This decision could end up costing you a **bundle of money**.

In heat-stress environments, the body reacts by perspiring. When this occurs, much more is lost than water; magnesium, potassium, sodium and calcium are also sacrificed. These minerals, or "electrolytes" are crucial to the human body in maintaining healthy muscles and a productive level of energy. When too much fluid and too many electrolytes are lost, the body becomes dehydrated. As a result, the stage is set for heat stress or more serious injury or accident. It is possible for water alone to replace lost fluid, but **water cannot replace electrolytes** to a level sufficient enough to prevent heat stress. Water is considered to be even less effective when used by workers with less than perfect nutritional habits or health problems.



Fortunately, there is a better option, Sqwincher. **Sqwincher's electrolyte replacement formula is specifically designed for the high heat environments of industry.** With 50 percent more potassium and 50% less sodium than other popular drinks used in industry, Sqwincher offers workers one of the most effective electrolyte replacement drinks currently available. **Absorbed by the body 98% faster than water**, great tasting Sqwincher does more than restore fluids. It replenishes the electrolytes and minerals lost due to perspiration, elements critical for proper rehydration, something pure water does not do. And unlike pure water, Sqwincher does not leave your workers feeling bloated or heavy. What's more, **workers say they prefer the taste of Sqwincher.** For this reason, they use the product on a more consistent basis; protecting themselves in heat-stress environment and protecting their employers against lost time and escalating medical compensation costs.



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\*National Safety Council, "Accident Facts," 1997 edition