



HEAT STRESS & Hydration



Hydration plays an important role in worker safety and productivity.

Companies, safety directors and employees all want to work safely, perform productively and return to work the next day. And everyone wants to avoid accidents and injury at all costs.

A properly hydrated employee is a prepared, fully functioning employee. Squwincher® products are the solution for professional grade hydration.

AWARENESS

Heat stress, heat illness, fatigue and exhaustion are realities that take a toll on the body and the workplace. And it's important to know that they're caused by not being properly hydrated. Dehydration results in poor judgment, mental errors, slower reflexes, taking shortcuts and, in some instances, injury or death.

To be safe and effective on the job, make hydration a number one priority.

PREPARATION

PREPARATION IS KEY TO EQUIP THE BODY FOR A LONG DAY ON THE JOB. BEFORE STARTING A SHIFT, BE SURE TO ASK YOURSELF THESE IMPORTANT QUESTIONS:

1. What kind of shift did you have the day before?
2. How many diuretics or dehydrants (sodas, coffees, alcoholic beverages) did you have before today's shift?
3. How much water intake over the last 12 hours?
4. What was your urine color before you started work?
5. How much rest did you get the evening before?

These questions will give you an estimated assessment of your starting hydration level.

CONDITIONING

You're the only one who knows your body and what condition it's in.

And being properly hydrated is a big part of being properly conditioned for the job.

BE SURE TO TAKE THESE CONSIDERATIONS INTO ACCOUNT AS POTENTIAL HYDRATION OBSTACLES:

1. Your medical history and how it relates to your work environment
2. Your age and weight
3. Your experience level to the activity, workload and surroundings
4. Your ability to adapt well and acclimate to your surroundings

After assessing your condition, make sure you adjust your hydration level to deal with any potential obstacles head on.

HEAT STRESS

Heat makes you lose more fluids regardless of work conditions. The loss of fluids increases when you factor in PPE, the kind of safety uniforms or clothing worn and how hard the job is on the body. Because of these factors, there is great potential for dehydration, heat stress and heat illness. To ensure safety, all work environments should have a temperature benchmark for heat that exceeds standard precautions and considers all variables like PPE and heat released from machinery and equipment.

HEAT INDEX

APPARENT DANGERS POSED BY HEAT STRESS

32°-37° C	38°-54° C	55° C +
Possible sunstroke, heat cramps and heat exhaustion with prolonged exposure and physical activity.	Probable sunstroke, heat cramps and heat exhaustion and possible heat stroke with prolonged exposure and physical activity.	Imminent heat stroke or sunstroke.

Source: <https://www.weather.gov/ama/heatindex>



SPECIALIZING IN SAFETY SOLUTIONS

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FACTS:

THE BODY IS 60-70% WATER*

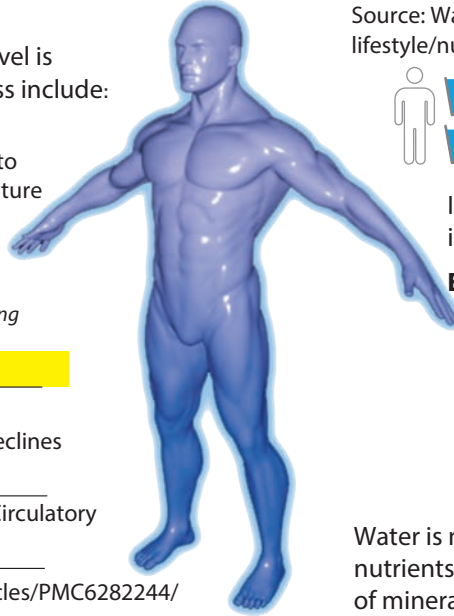
Maintaining and balancing the body's fluid level is imperative. Factors that contribute to fluid loss include:

- Sweating between skin and winter clothing
- Exhaling
- Urination (increases in cold weather)
- Diuretic intake
- Natural body exertion to maintain core temperature (e.g. shivering)

**Varying factors: age, gender, environment and conditioning*

FLUID LOSS	RESULT
2%	Impaired performance
4%	Muscular function and capacity declines
6%	Fatigue and exhaustion
8%	Hallucination and disorientation
10%	Circulatory collapse and hypothermia

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6282244/>



RECOMMENDATION FOR PROPER HYDRATION:

WATER (cups per day)¹

Source: Water: Mayo Clinic - <http://www.mayoclinic.com/healthy-lifestyle/nutrition-and-healthy-eating/indepth/water/art-20044256>



In hotter environments and/or strenuous activity, an increase in fluid intake may be necessary.

ELECTROLYTES

6-10 oz. every 15-20 minutes during strenuous activity, especially in hot environments.

7-Individual circumstances may vary. Include water with electrolyte consumption.

Water is necessary, but water alone will not replace lost nutrients and minerals such as electrolytes. Electrolytes consist of minerals such as sodium, potassium, magnesium and calcium, which are critical for cell and muscular function.

You've probably heard the word "electrolytes." It's tossed around in energy drink commercials all the time. The reason? Your body uses these minerals for basic cell functions and sustained life. Electrolytes are necessary all year round and need to be replaced after draining activities. You won't find electrolytes in water. But you will find them in Sqwincher® hydration solutions.

WHAT ARE ELECTROLYTES?

- Maintain connection or electrical current between cell membranes
- Regulate body fluids and maintain a healthy pH balance
- Consist of sodium and potassium which are key to fluid balance
- Consist of calcium and magnesium which are key to muscle function (contract and relax)

Electrolytes are necessary, but too many could be dangerous. Sqwincher® hydration solutions have the perfect amount of electrolytes, offering:

1. Less sodium and more potassium
2. ZERO sugar and lower calorie products
3. A diversified family of products for every hydration need

Understanding balance is simple. Your body needs to have the right balance of water and energy to function properly. High performance activity depletes the body of fluid and nutrients, throwing it off balance. For the body to get back in balance, water alone won't get the job done. Replenishing with hydration solutions that contain essential minerals is the only way to do it. Sqwincher® products are the ultimate solution.

REFRESH!

REHYDRATE!

RECHARGE!



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