



HYDRATING
SINCE 1975

HYDRATE RESPONSIBLY

HYDRATION THAT WORKS

HEAT STRESS IS 100% PREVENTABLE

HEAT FACTORS

CONTRIBUTING TO ELEVATED
BODY TEMPERATURE AND
RAPID FLUID LOSS

- HIGH TEMPERATURE
AND HUMIDITY
- LEVEL OF EXERTION/
WORK LOAD OR STRAIN
- PPE AND HEAVY CLOTHING
- POOR AIR FLOW
AND CIRCULATION
- MACHINE/EQUIPMENT HEAT
- DIRECT SUNLIGHT EXPOSURE
- MEDICAL PRE-CONDITION
- LACK OF PHYSICAL
CONDITIONING

HOW TO ENCOURAGE HYDRATION

MANDATE WATER BREAKS

Have employees take three-minute breaks at regular intervals throughout the day. Keep large jugs of cold filtered water easily accessible.

POST HYDRATION REMINDERS

Sometimes workers simply forget to drink until that feeling of thirst creeps up.

PROVIDE REUSABLE BOTTLES

These encourage workers to keep water and other fluids on hand at all times.



To ensure a safe working environment, an adequate supply of cool drinking water and providing Squwincher® electrolyte replenishment is crucial for the prevention of dehydration, heat stress, injury and in the worst cases, death.

What you may not know is that **Dehydration is also problematic during winter**. This is called cold stress. It can be even more hazardous in cold weather due to thirst suppression, lack of perspiration, diuretics and increased urination.



180-300ml every 15-20 minutes during strenuous activity, especially in hot environments.

IT ONLY TAKES 2% OF
DEHYDRATION TO RESULT
IN UP TO A 50% DECREASE
IN WORK AND MENTAL
PERFORMANCE

