



EFFECTS OF DEHYDRATION

DEHYDRATION IS 100% PREVENTABLE

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

KNOW THE SIGNS

DRY MOUTH

DRY SKIN

FEELING PARCHED

DIZZINESS & FATIGUE

FEELING THIRSTY

DARK COLOURED URINE

URINATING & SWEATING LESS THAN USUAL

SEIZURE & LOSS OF CONSCIOUSNESS



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

THE 3 STAGES OF HEAT STRESS

DEHYDRATION

Dehydration is a condition caused by the loss of water and electrolytes from the body, it occurs if the body loses fluids.

HEAT EXHAUSTION

Heat exhaustion occurs when the body is unable to effectively cool itself due to exposure to extreme heat.

HEAT STROKE

Heat stroke is a severe form of heat related illness that can occur if your body temperature rises to 40°C or higher.

HOW TO ENCOURAGE HYDRATION

MANDATE WATER BREAKS

Take three-minute breaks at regular intervals throughout the day.

POST HYDRATION REMINDERS

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

PROVIDE HYDRATION

Water stations encourage workers to keep water on hand at all times.