HOT TIPS TO HANDLE HEAT STRESS

1.) Beware of heat exhaustion, heat cramps or heat stroke when you're involved in strenuous activity in environments of 90° Fahrenheit or above.

2.) Take time to allow your body to adjust to high-heat, high - humidity environments before exertion begins.

3.) If you work in protective clothing and equipment, your chances of heat stress are greatly increased. In work environments of 81° Fahrenheit or above, experts recommend no employee spend more than 15 minutes of any one hour in an impervious suit unless cooling has been provided to the suit or the employee is wearing a heat stress monitor.

4.) Don't depend on thirst or sweat as an indicator of escalating body heat. Thirst is not always a dependable gauge and sweat may evaporate quickly, especially in dry-heat environments. Instead, be aware of the temperature and humidity, and drink fluids with electrolytes at regular intervals.

5.) Know the symptoms of heat stroke, heat exhaustion and heat cramps, and respond quickly. (See chart to the upper right.)

6.) Remember, it is much easier to prevent heat stress injuries than to recover from them. Be aware of the environment in which you work and drink fluids with electrolytes on a regular basis throughout the work day.

This safety information is provided by The Sqwincher Corporation as a public service to industry and the industrial worker.

Heat Illness Indicators

Heat Stroke	Heat Exhaustion	Heat Cramps
Fatigue, confusion, collapse, unconsciousness	Fatigue, confusion, clammy skin, nausea, low blood pressure, rapid pulse, fainting	Fatigue, confusion, painful muscle spasms in the arms, legs or abdominal areas
Response	**Response**	**Response**
Seek medical attention immediately and cool the body down as quickly as possible.	Stop exertion, move to a cooler place and drink plenty of fluids with electrolytes	Stop exertion, move to a cooler place and drink plenty of fluids with electrolytes

Apparent Temperature Dangers Posed by Heat Stress

HEAT INDEX 130° OR HIGHER:
Heat stroke or sun stroke imminent.

HEAT INDEX 105°-129°:
Sun stroke, heat cramps and heat exhaustion likely. Heat stroke possible with prolonged exposure and physical activity.

HEAT INDEX 90°-100°:
Sun stroke, heat cramps and heat exhaustion are possible with prolonged exposure and physical activity.

How to use the Heat Index:

1.) Across top (Air temperature) locate today's predicted high temperature.

2.) Down left side (Relative Humidity) locate today's predicted humidity.

3.) Follow across and down to find "Apparent Temperature" or "What It Feels Like"

Heat Index Values were devised for shady, light wind conditions. Exposure to full sun can increase values by up to 15°. Strong winds, particularly with hot, dry air can be extremely hazardous.

Heat Index

Air Temp.	70°	75°	80°	85°	90°	95°	100°	105°	110°
Relative Humidity	Apparent Temperature (Degrees Fahrenheit) →								
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°
40%	68°	74°	79°	86°	93°	101°	110°	122°	137°
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°
60%	70°	76°	82°	90°	100°	114°	132°	149°	
70%	70°	77°	85°	93°	106°	124°	144°		
80%	71°	78°	86°	97°	113°	136°	157°		
90%	71°	79°	88°	102°	122°	150°	170°		
100%	72°	80°	91°	108°	133°	166°			

Sqwincher products are designed to do more than simply replace fluids. They have specific functions for workers - the "athletes of industry", or anyone whose vocation or avocation causes a drastic reduction in their body fluids and electrolyte balance. Accidents can be reduced by maintaining alertness and productivity can be increased through proper intake of balanced energy by using SQWINCHER electrolyte replacement drinks!

SQWINCHER® THE DRINK OF INDUSTRY

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