Sqwincher® Hydration Solutions

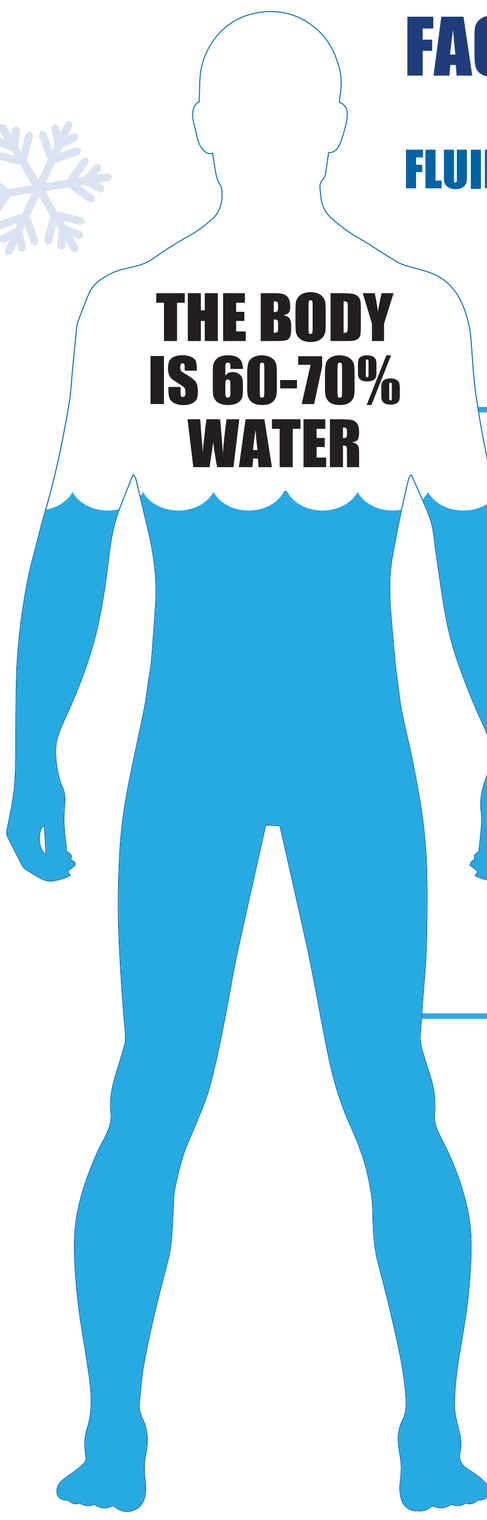
EVALUATING HYDRATION BY URINE COLOR

Understanding how worker performance and efficiency is affected by environmental conditions is critical to reducing dehydration-related illnesses and accidents. The Sqwincher® brand is committed to providing hydration education and solutions that help companies meet the needs of all workers — 365 days a year.

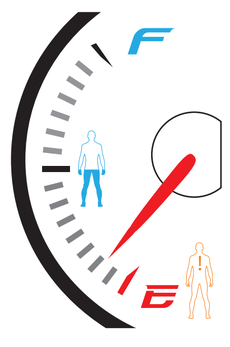
HYDRATION LEVEL CHART

Properly Hydrated	Maintain Target Level	If urine resembles or matches these colors, you are properly hydrated.
Dehydrated	Needs Improvement	If urine resembles or matches these colors more fluids should be consumed.
Severely Dehydrated	Requires Immediate Attention	**SERIOUS DEHYDRATION** has occurred if urine matches these colors. Contact a physician.

Source: https://health.clevelandclinic.org/what-urine-color-means



FACTS: Maintaining and balancing the body's fluid level is imperative.



FLUID LOSS FACTORS Sweating • Exhaling • Urination • Diuretic Intake
Natural Body Exertion to Maintain Core Temperature

*Varying factors: age, gender, environment and conditioning
Source: https://www.webmd.com/a-to-z-guides/dehydration-adults

RECOMMENDATION FOR PROPER HYDRATION

Maintaining and balancing the body's fluid level is imperative.
A healthy adult, in a moderate climate, is recommended to drink:

WATER (cups per day for men)[1]



WATER (cups per day for women)[1]



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

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



6-10 oz. of electrolytes every 15-20 minutes during strenuous activity, especially in cold environments.[2]

Individual circumstances may vary and include water with electrolyte consumption.

[2]Source: Role of Carbohydrate-Electrolyte Fluid Replacement in the Industrial Environment. Human Performance Laboratory, University of Alabama, Tuscaloosa, AL.

ELECTROLYTES

Na SODIUM | K POTASSIUM | Mg MAGNESIUM | Ca CALCIUM

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.

WIND CHILL INDEX

Apparent dangers posed by cold stress

32° to -19°F Discomfort to cold conditions, chilblains and frostbite possible to face and extremities.

-20° to -40°F Hypothermia possible with prolonged exposure to cold, and frostbite occurs within 10-30 minutes.

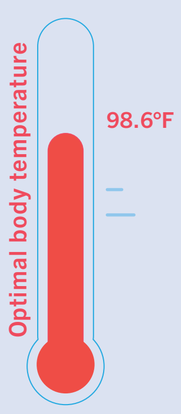
-40°F & Below Frostbite within 5 minutes. Hypothermia imminent without proper precaution.

Source: https://www.overtimehydration.com/heat-and-cold-stress-prevention-for-trade-professionals-safety-first

COLD FACTORS

Contributing to unsafe drop in body temperature and fluid loss:

- Freezing temperature and wind chill
- Improper winter clothing or layering
- Level of exertion/work load or strain
- Direct exposure and duration to weather
- Hydration neglect and poor diet
- Medical precondition
- Lack of physical conditioning



Sources: https://news2use.ors.nih.gov/Pages/Cold-Stress.aspx?utm
https://www.osha.gov/winter-weather/cold-stress?utm

FLUID/ELECTROLYTE LOSS WARNINGS

LOSS	RESULT
2%	Impaired Performance
4%	Muscular Function & Capacity Declines
6%	Fatigue & Exhaustion
8%	Hallucination & Disorientation
10%	Circulatory Collapse & Hypothermia

Source: www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256

Sqwincher® Hydration Solutions

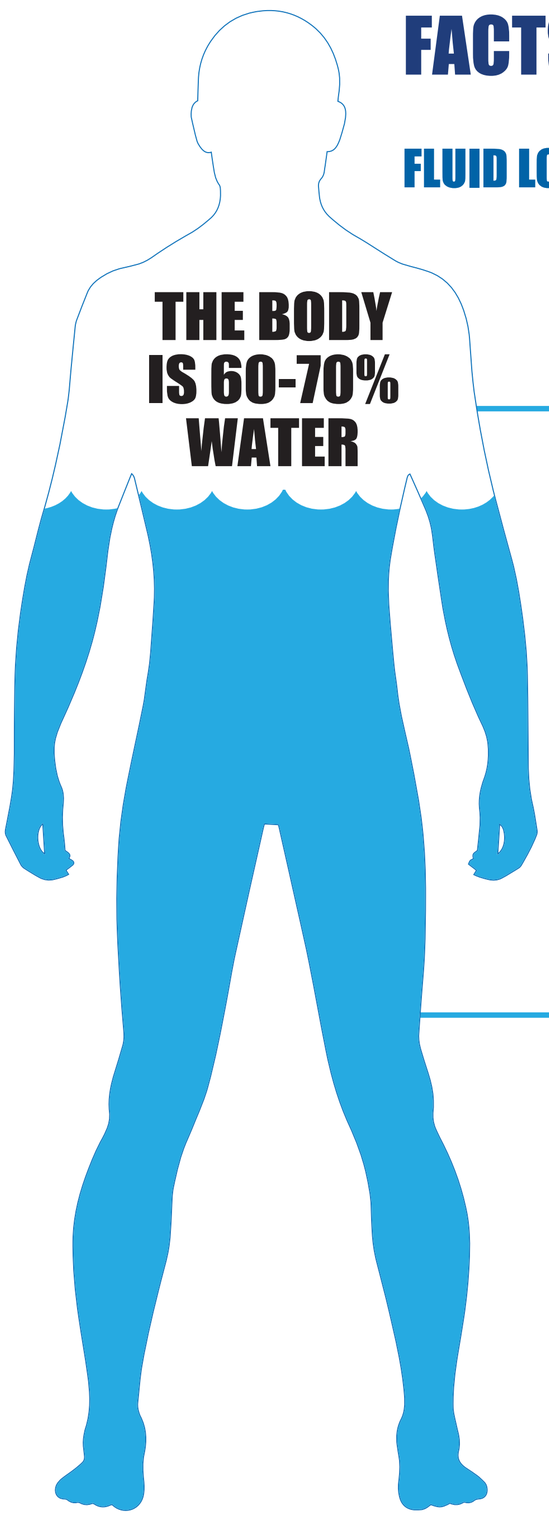
FOR THE WORKING WORLD

Understanding how worker performance and efficiency is affected by environmental conditions is critical to reducing dehydration-related illnesses and accidents. The Sqwincher® brand is committed to providing hydration education and solutions that help companies meet the needs of all workers — 365 days a year.

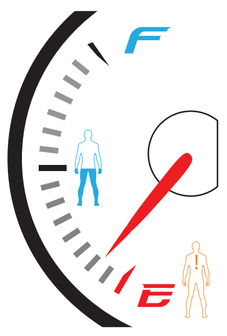
HYDRATION LEVEL CHART

Properly Hydrated	Maintain Target Level	If urine resembles or matches these colors, you are properly hydrated.
Dehydrated	Needs Improvement	If urine resembles or matches these colors more fluids should be consumed.
Severely Dehydrated	Requires Immediate Attention	**SERIOUS DEHYDRATION** has occurred if urine matches these colors. Contact a physician.

Source: https://health.clevelandclinic.org/what-urine-color-means



FACTS: Maintaining and balancing the body's fluid level is imperative.



FLUID LOSS FACTORS Sweating • Exhaling • Urination • Diuretic Intake
Natural Body Exertion to Maintain Core Temperature

*Varying factors: age, gender, environment and conditioning

Source: https://www.webmd.com/a-to-z-guides/dehydration-adults

RECOMMENDATION FOR PROPER HYDRATION

Maintaining and balancing the body's fluid level is imperative.
A healthy adult, in a moderate climate, is recommended to drink:

WATER (cups per day for men)[1]



WATER (cups per day for women)[1]



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

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



6-10 oz. of electrolytes every 15-20 minutes during strenuous activity, especially in cold environments.[2]

Individual circumstances may vary and include water with electrolyte consumption.

[2]Source: Role of Carbohydrate-Electrolyte Fluid Replacement in the Industrial Environment. Human Performance Laboratory, University of Alabama, Tuscaloosa, AL.

ELECTROLYTES

Na SODIUM · K POTASSIUM · Mg MAGNESIUM · Ca CALCIUM

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.

HEAT INDEX

Apparent dangers posed by heat stress

90° to 100° F Possible sunstroke, heat cramps and heat exhaustion with prolonged exposure and physical activity.

101° to 129° F Probable sunstroke, heat cramps and heat exhaustion and possible heat stroke with prolonged exposure and physical activity.

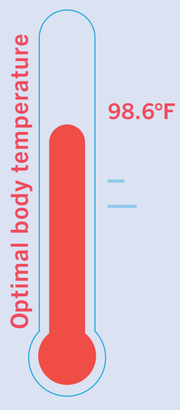
130° F + Imminent heat stroke or sunstroke.

https://www.lsu.edu/ehs/safety/occupational/heat-stress.php

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 precondition
- Lack of physical conditioning



Sources: https://www.osha.gov/heat-exposure/hazards?utm
https://www.osha.gov/emergency-preparedness/guides/heat-stress?utm

FLUID/ELECTROLYTE LOSS WARNINGS

LOSS	RESULT
2%	Impaired Performance
4%	Muscular Function & Capacity Declines
6%	Heat Exhaustion
8%	Hallucination & Disorientation
10%	Circulatory Collapse & Heat Stroke

Source:
www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256