HYDRATION LEVEL CHART

Are you hydrated? Use the color chart to identify hydration level.

TARGET HYDRATION LEVEL
Maintain level

PROPERTY HYDRATED
If urine resembles or matches these colors

DEHYDRATED
Needs improvement

DEHYDRATED
If urine resembles or matches these colors - more fluids should be consumed

SEVERELY DEHYDRATED
Immediate attention

SEVERELY DEHYDRATED
If urine matches these colors - SERIOUS DEHYDRATION has occurred. It is suggested that a physician be contacted to determine the severity of dehydration

PERFORMANCE
Body overview and the effects of fluid balance.

THE BODY IS 60 - 70% WATER
WATER - Recommended intake
13 cups (men) a day; 9 cups (women) a day. Hotter environments and/or strenuous activity, increase intake required.

ELECTROLYTES - Recommended intake
6-10 oz. every 15-20 minutes during strenuous activity, especially in hot environments.
Source: Role of Carbohydrate-Electrolyte Fluid Replacement in the Industrial Environment. Human Performance Laboratory, University of Alabama, Tuscaloosa, AL.

CONSEQUENCES OF FLUID LOSS AND NEGLECT OF FLUID BALANCE
F
- 2% - Impaired Performance

E
- 4% - Capacity for muscular work declines

1/2
- 6% - Heat Exhaustion

- 8% - Hallucination

- 10% - Circulatory collapse and heat stroke
HEAT AWARENESS
Equipping you with knowledge for your safety!

1. Environments of 90°F or above
Use extreme caution, especially during strenuous activity.

2. Acclimate
Allow the body to adjust to high-heat, high-humidity environments.

3. PPE Clothing
PPE is necessary but can greatly increase risk of heat stress; therefore, monitor yourself continually. At 81°F and above, experts recommend spending no more than 15 minutes of any one hour in an impervious suit unless cooling is provided or wearing a heat stress monitor.

4. Thirst and/or Sweat
These are NOT ALWAYS dependable gauges for proper hydration or fluid intake.

5. Know the Symptoms
Be familiar with heat stroke, heat exhaustion and heat cramps to respond quickly. (Review Heat Illnesses below)

6. Prevention
Preventing a heat stress injury is much easier than recovering from the injury. Drink fluids and replace electrolytes on a regular basis throughout the day.

HEAT ILLNESSES
Symptoms and responses to unprotected heat exposure.

Sunburn: Redness & painful skin; swelling of skin, blisters, fever and headaches are typical in severe cases.

Heat Cramps: Painful muscle spasms, usually in the legs and abdomen. Possible heavy sweating.

Heat Exhaustion: Heavy sweating, weakness, pale and clammy skin, nausea, low blood pressure, rapid pulse, fainting and possible vomiting.

Heat Stroke: Stuporous appearance, tired, nausea with possible vomiting. Unsteady gait, heavy perspiration, dehydrated with high body temperature (up to 104°F), often accompanied by headache, rapid respiration and pulse.

Heat Stroke: High body temperature (105°F or higher), hot, red and dry skin, strong rapid pulse, possible unconsciousness.

Ointments for mild cases. DO NOT break blisters. If they do break, apply dry, sterile dressing. For severe cases, consult a physician.

Apply firm pressure on cramping muscles, then gently massage to relieve muscle spasm. Give sips of Sqwincher every 15 minutes.

Stop exertion, move to a cool spot and drink Sqwincher every 15 minutes for an hour. If victim vomits, seek immediate medical attention.

Cease exertion and promptly cool body exterior. Initiate replacement of fluids – water first, then Sqwincher. If victim cannot retain fluids transport to hospital.

Heat stroke is a severe medical problem. Move victim to cooler area and reduce body temperature with cold bath or sponging. Use fans and air conditioners. Get victim to hospital – DELAY CAN BE FATAL. DO NOT GIVE FLUIDS!

TEMPERATURE DANGERS POSED BY HEAT STRESS

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

101°-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.

How to use Heat Index Chart
Across top (Air temperature) locate today’s predicted high temperature.

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

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°F. Strong winds, particularly with hot, dry air can be extremely hazardous.

For instant Heat & Hydration training check out Sqwincher Safety Video!

Ask For The Sqwincher Heat/Cold Stress Poster