

HYDRATION SAFETY



STAYING HYDRATED

/ WATER FOR THE BODY

Your body depends on water to survive. Water is the body's principal chemical component and is 60 percent of the body's weight. It is critical to stay hydrated on the job for overall health and performance.

1. Gets rid of wastes through urination, perspiration and bowel movements
2. Keeps your temperature normal
3. Lubricates and cushions joints
4. Protects sensitive tissues



/ REQUIREMENTS

- Construction companies supply 1 quart (2 bottles – .5 liter/16.9 oz.) of water per hour, per contractor, which equates to 2 gallons (16) bottles of water per employee per day
- Prohibit employees from sharing drinking cups and water bottles
- Employers must train all employees on the risk factors for heat illness, signs and symptoms of heat illness, methods to prevent, and policies and procedures to comply with this regulation

/ WATER FOR THE CREW

- During moderate activity, in moderately hot conditions, workers should drink about 1 cup (8 oz.) of water every 15 to 20 minutes or 1 Niagara® bottle of water every 30 minutes
- Provide workers with plenty of cool water in convenient, visible locations close to the work area
- Encourage frequent sips of cool water. If the worker is unable to drink, get emergency medical help immediately

FLUID INTAKE GAUGE:

1. Rarely feel thirsty
2. Your urine is colorless or light yellow

/ EARLY SIGNS OF HEAT STRESS

- Dizziness
- Headache
- Fatigue
- Nausea/ Vomiting
- Urine Color

/ LIFE-THREATENING SYMPTOMS OF HEAT STRESS

- Red, hot, dry skin
- Confusion
- Fainting
- Convulsions
- High Body Temperature



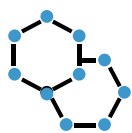
OVERTIME™

ELECTROLYTE REPLACEMENT / DRINKOVERTIME.COM

HYDRATION FOR THE FINISH.

ACCELERATE HYDRATION & RECOVERY WITH ELECTROLYTES

OVERTIME™ is a sugar-free electrolyte replacement designed to protect the wellness and safety of the workforce without restrictions. Overtime helps prevent dehydration by replenishing your body's water and electrolyte concentration. Electrolytes are responsible for the body's hydration and blood pH, vital for nerve and muscle function. Overtime uses sucralose for proven better taste equaling more increased consumption for overall safety.



BETTER SCIENCE

Diabetic friendly, sugar free and low sodium formula for workers with high blood pressure/ hypertension



BETTER PERFORMANCE

Formulated with boosted levels of potassium to prevent and treat muscle cramping on the job



BETTER RECOVERY

Accelerated hydration and improved recovery



BEAT THE HEAT REMINDERS:

1. Drink small amounts of water frequently, even if not thirsty.
2. Wear lightweight, light colored, and loose fitting clothing.
3. Rest in the shade.
4. Wear sunglasses or wide brimmed hats, and also apply sunscreen to protect yourself from the sun.
5. Report heat illness symptoms early.



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