



WORKER HEALTH AND SAFETY

Keeping your workers hydrated is fundamental to helping prevent injuries

On-the-job injuries cost American companies \$43,000 per worker in 2007*1

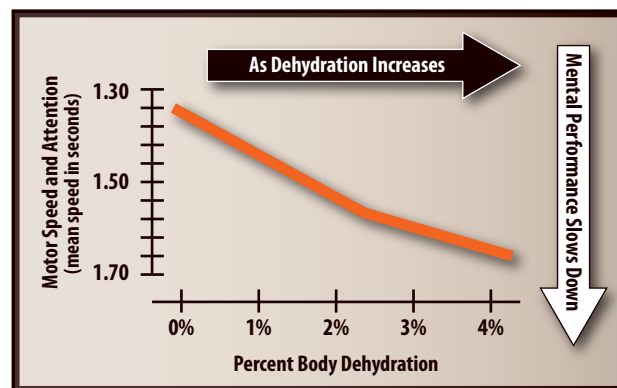
How does dehydration affect your workers' performance?

Depending on environmental conditions and amount of protective gear worn, workers can lose over a gallon of sweat per shift.^{2,3,4,5}

Research suggests that physical performance can decrease if they lose just 2% of their body weight from sweating.⁶

- Mentally, they may lose motor speed and efficiency.⁷
- Physically, they may experience thirst, dizziness, irritability, headaches and muscle cramps⁸, muscle fatigue and loss of concentration.

Extreme dehydration can lead to possible injuries such as heat exhaustion or heat stroke.^{2,9}



Source: Gopinathan, PM., et al Arch Environ Health 43 (1): 15-17, 1988

How can a beverage help keep my workers safe?

An optimally formulated sports drink can help replace your body fluid lost through sweat to prevent dehydration, refuel your working muscles to provide more energy, and maintain the electrolyte balance in your body for normal physiological functions.

Therefore, you can work longer, harder and safer.

* This includes both direct costs (i.e., medical expenses, insurance costs) and indirect costs (i.e., loss of wages, workplace disruptions, employer retraining) of disabling injuries.

1. National Safety Council. (2007). *Injury Facts®*, 2007 Edition. Itasca, IL. 2. Clapp, A.J., et al. *Amer Indust Hygiene Assoc J* 60: 747-751, 1999. 3. Roberts, D. J. *Occup Environ Hyg* 3:131-136, 2006.

4. Ruby, B.C., et al. *Med Sci Sports Exerc* 35:1760-1765, 2003. 5. Roberts, D. and Donnelly, S. *Med Sci Sports Exerc* 38:5173, 2006. 6. Sawka, M.N., et al. In: *Perspectives in Exercise Science and Sports Medicine: Fluid Homeostasis During Exercise*, Vol. 3, 1990, p.1-38. 7. Gopinathan, PM., et al *Arch Environ Health* 43(1): 15-17, 1988. 8. Passe DH. In: *Sports Drinks. Basic Science and Practical Aspects*, 2001, pp.45-88. 9. Bates G, et al. *Int J Forest Eng* 12:27-32, 2001.



UNDERSTANDING AND PREVENTING DEHYDRATION

Are you properly hydrated?

The easiest way to see if you're properly hydrated is by checking your urine. If it's pale and looks like lemonade, you're probably well-hydrated. If it's dark like apple juice, you need to drink more fluids.



Dehydrated

Well-hydrated

Know your body

Before work

Being hydrated before you start work can help you get the most out of your day. Be sure to weigh yourself before work to accurately know your starting body weight.

During work

Everyone sweats at a different rate, which means the amount needed to rehydrate is different for everyone. But, if you're waiting until you are thirsty to drink, you are waiting too long. Drink to minimize weight loss, without overdrinking. You're losing more than water during work – sweat is made up of fluid and electrolytes, such as sodium and potassium. Gatorade® gives it back.

After work

Check your weight and compare it with your pre-work weight. Weighing in before and after your shift helps determine the amount of fluid needed to maintain your hydration throughout the day. If you lost weight, drink more fluids next time.

One pound of weight loss equals 16 oz. of fluid. If you gained weight, cut back on fluids.

Warning Signs of Dehydration

- Noticeable Thirst
- Weakness
- Difficulty Paying Attention
- Nausea
- Lightheadedness
- Muscle Cramps
- Decreased Performance
- Headache
- Fatigue