

Every year,
thousands of U.S. workers
get sick or injured from
occupational heat exposure
and dozens of people die from it. In a kitchen,
you're surrounded by more heat hazards than you
can shake a spatula at, and kitchen heat can reach **upwards of 100°F.**

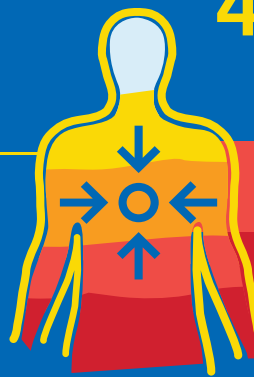


AS
LITTLE
AS **2%**
DEHYDRATION
can have mental effects
such as:

- tension
- impaired vision
- anxiety
- fatigue
- short-term memory loss
- mood swings



DEHYDRATION
In this kind of heat you're going to
SWEAT. Dehydration occurs when
you lose more fluid than you take in.
Without proper fluid balance, your
body's normal functions decline.
THE HUMAN BODY IS MORE THAN 60% WATER.



4% Muscular function and
capacity declines
6% Heat exhaustion
occurs
8% Hallucination
is common
10% Circulatory system
collapses and heat
stroke occurs

MANAGING HEAT STRESS IN THE KITCHEN



WATER + ELECTROLYTES = EFFECTIVE HYDRATION

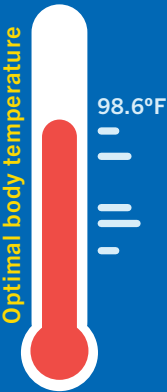
Water helps regulate our body temperature,
while also transporting nutrients and waste
products between our major organs.

**Overheating and improper
hydration can lead to serious
heat-related illness.**

HEAT EXHAUSTION

If your body is working too hard
to stay cool, it can cause heat
exhaustion. If your body can't
cool down, it can then lead to
heat stroke—which can be fatal.

HEAT CRAMPS
Sweating heavily
in a kitchen leads
to fluid loss. Not
replacing fluids
and electrolytes,
can cause painful
muscle cramps.



From the neurons in your brain to the pumping of
your heart, your whole body runs on electricity.
Electrolytes are chemicals that conduct electricity
and keep your body's lifesaving currents flowing.

DEHYDRATION

Rapid fluid loss escalates dehydration.
Dehydration affects concentration, causing
confusion and impaired motor skills
increasing kitchen staff mistakes:
grabbing hot pans, careless with knife,
food contamination and much more.

BURNS

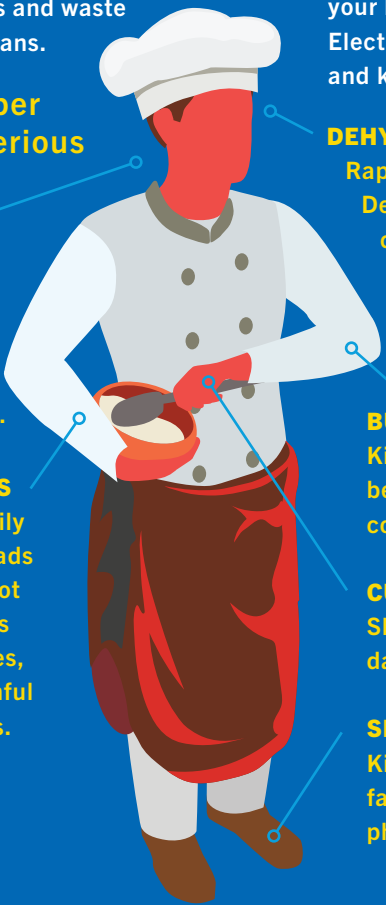
Kitchens are filled with hot surfaces, which
become more serious with a declined
cognitive state.

CUTS

Sharp objects (knives) are far more
dangerous with an overheated staff member.

SLIPS AND FALLS

Kitchens floors are unpredictable. Slips and
falls become greater risk with dehydration's
physical and mental side effects.



HELPFUL HYDRATION MONITOR

Urine color is a great indication
of your body fluid levels.

- Brown: Severely dehydrated
- Dark yellow: Dehydrated
- Light yellow: Hydrated
- Clear: Overhydrated



FEELING THIRSTY?

WARNING: Thirst is not a fully reliable
indicator for fluid intake. The body is
usually mildly dehydrated by the time an
average person starts to notice thirst.

YOUR RECIPE FOR EFFECTIVE HYDRATION

Always keep cold water and Sqwincher®
electrolytes in close proximity to the kitchen.

Ensure all kitchen staff are aware of the
hydration station location.



Mandate three-minute water +
Sqwincher® breaks at regular
intervals throughout the day.

Recommended
daily water intake is
15.5 cups
(3.7L) for men
11.5 cups
(2.7 L) for women

Recommended
electrolyte intake is
6-8 oz every
15-20 mins
during strenuous
activity

Provide the contact details of any
on-site medical personnel and what to do
in the event of an emergency.



Make hydration a healthy habit.
The Sqwincher® brand's unique formula allows for all-day consumption.
Source: <https://www.osha.gov/enforcement/directives/cpl-03-00-024> | Water: Mayo Clinic - <https://www.mayoclinic.org/healthy-lifestyle/nutritionand-healthy-eating/in-depth/water/art-20044256> | Overview of Electrolytes - <https://www.merckmanuals.com/en-ca/home/homonal-and-metabolic-disorders/electrolyte-balance/overview-of-electrolytes> | Food-service workers are suffering from extreme heat. Few rules exist to protect them. - <https://thecounter.org/food-service-workers-suffer-extreme-heat-high-temperatures/> | <https://www.osha.gov/sites/default/files/publications/OSHA4372.pdf> | <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6282244/> | <https://www.sportsinjuryclinic.net/sports-injury-prevention/dehydration#:~:text=Even%20a%202%25%20decrease%20in,Higher%20heart%20rate> | <https://blogs.cdc.gov/niosh-science-blog/2011/08/12/heat-2/> | <https://us.humankinetics.com/blogs/excerpt/dehydration-and-its-effects-on-performance>
*For formulation and product nutritional information please visit www.sqwincher.com.
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