

POWERPAK SAFETY TIPS:

ARE YOU HYDRATED?



LEARN THE SYMPTOMS OF HEAT STRESS

HEAT EXHAUSTION

- Elevated Body Temperature _____
- Dizziness _____
- Muscle Cramps _____
- Heavy Sweating _____
- Decreased Urination _____
- Nausea _____
- Thirst _____
- Rapid, Weak Pulse _____
- Fatigue _____

Move worker to a cool place and rest
Drink water if fully conscious
Take a cool shower or use cold compresses



HEAT STROKE

- Throbbing Headache _____
- No Sweating _____
- High Temperature (104°F +) _____
- Skin is Hot, Red and Dry _____
- Nausea or Vomiting _____
- Confusion _____
- Slurred Speech _____
- Rapid, Strong Pulse _____
- Fainting _____

CALL 911
Take immediate action to cool the
person until help arrives

HEAT INDEX & DANGERS

90°F - 100°F

Possible sunstroke, heat cramp and heat exhaustion with prolonged exposure and physical activity.

101°F - 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.

WATER & ELECTROLYTES



**THE HUMAN BODY IS 60-70% WATER.
IT'S BEST TO KEEP IT THAT WAY.**

Sweating, Exhaling, Urination, Diuretic Intake and Maintaining Core Body Temperature are all factors that contribute to fluid loss. **Drink 6-10 oz. of water every 15-20 min** to maintain a safe fluid level.

**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 proper cell and muscular function.

PowerPak offers a full line of hydration products to help keep your crew safe and hydrated.



PowerPak
SITE. SAFETY. SERVICE.

800.451.5811

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