

HEAT STRESS

RESOURCE

DEHYDRATION IMPACT

Losing 2-7% of your body weight due to dehydration can mean:




**WORK CAPACITY
DECREASES 22-48%**



**COGNITIVE PERFORMANCE
IMPACTED**



**LIKELIHOOD OF
ACCIDENTS INCREASES**

HEAT STRESS DISORDERS	HEAT STROKE	HEAT EXHAUSTION	HEAT SYNCOPE	HEAT CRAMPS
OCCURS WHEN:	The body is unable to cool off due to rapid increase in body temperature. Possibly deadly.	The body experiences extreme sweating	The body experiences dehydration or is not acclimated to heat	The body perspires during vigorous activity causing sodium loss
SYMPTOMS INCLUDE:	<ul style="list-style-type: none"> • Hot dry skin or profuse sweating • Hallucinations/confusion/dizziness • Chills • Throbbing headache • High body temperature • Slurred speech 	<ul style="list-style-type: none"> • Overabundant sweating • Weakness/fatigue • Dizziness/confusion • Nausea/thirst • Clammy skin • Muscle cramps • Pale/flushed appearance 	<ul style="list-style-type: none"> • Light-headedness • Dizziness • Fainting 	<ul style="list-style-type: none"> • Muscle pain or spasms in stomach, arms or legs
FIRST AID 	CALL 911	Lie down in air conditioned area or rest in a shaded area	Rest in a cool area when symptoms start	Rest in a cool area until cramps ease

VISUAL HYDRATION URINE COLOR CHART

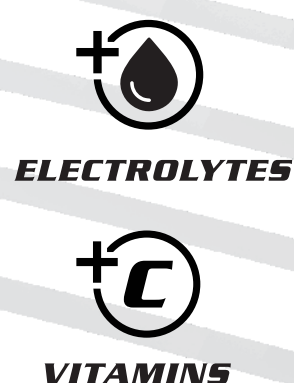
(without use of a vitamin or multivitamin supplements which can change the color of urine for a few hours)

Clear Urine indicates
Properly Hydrated

Yellowish Urine indicates signs of
Dehydration. Consumption of fluids
is recommended

Dark Urine indicates signs of **Severe Dehydration**. Stop working and rehydrate.
Emergency Services may be needed

ALL SPORT



For maximum hydration benefits, sip All Sport drink mixes every 15-20 minutes.

**STAY SAFE
STAY HYDRATED!**

Groves INDUSTRIAL
a DGI Supply Company



All Sport products are manufactured by
The Jel Sert Company, West Chicago, IL
www.jelsert.com
www.drinkallsport.com