

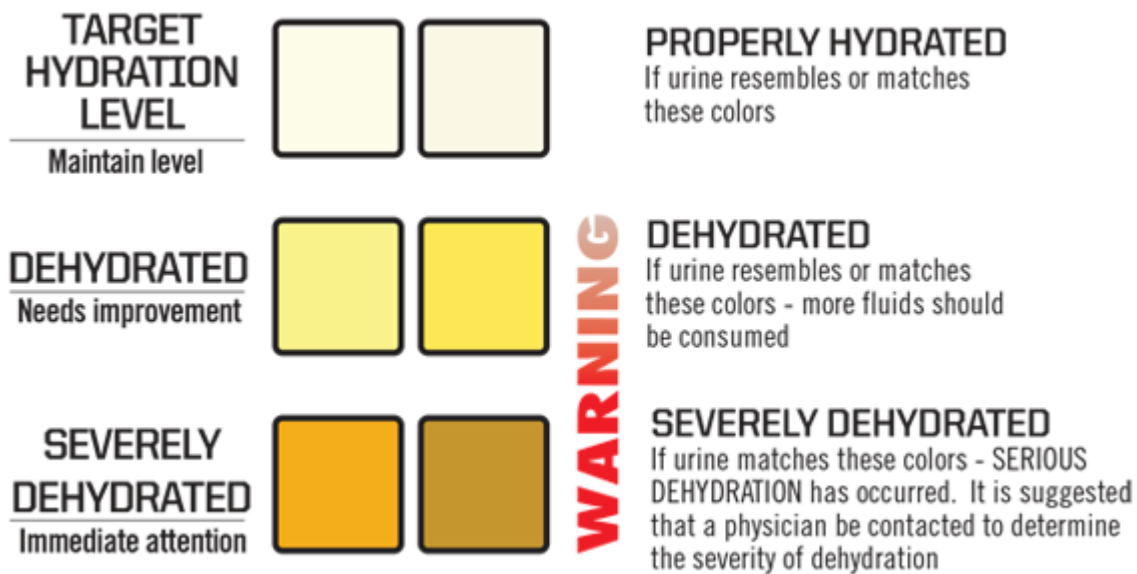


Personal Safety

## Heat Tips

Brought To You by Sqwincher | Apr 24, 2018

**HYDRATION LEVEL**  
EVALUATING HYDRATION BY URINE COLOR



**THE BODY IS 60-70% WATER**  
**WATER** — Recommended intake:

- 13 cups (men) a day
- 9 cups (women) a day

For hotter environments and/or strenuous activity, increase the intake required.

Source: *Water*

**ELECTROLYTES** — Recommended intake:  
6-10 oz. every 15-20 minutes during strenuous activity, especially in hot environments.\*

## CONSEQUENCES OF FLUID LOSS AND NEGLECT OF FLUID BALANCE

- 2% - Impaired performance
- 4% - Capacity for muscular work declines
- 6% - Heat exhaustion
- 8% - Hallucination
- 10% - Circulatory collapse and heat stroke

## HEAT AWARENESS

### Knowledge for your safety

#### Safety Tips

1. **Environments of 90°F or above:** Use extreme caution, especially during strenuous activity.
2. **Acclimate:** Allow the body to adjust to high-heat, high-humidity environments.
3. **PPE Clothing:** PPE is necessary but can greatly increase risk of heat stress; therefore, monitor yourself continuously.  
At 81°F and above, experts recommend spending no more than 15 minutes of any one hour in an impervious suit unless cooling is provided or wearing a heat stress monitor.
4. **Thirst and/or Sweat:** These are NOT ALWAYS dependable gauges for proper hydration or fluid intake.
5. **Know the Symptoms:** Be familiar with heat stroke, heat exhaustion and heat cramps to respond quickly. (Review Heat Illnesses below.)
6. **Prevention:** Preventing a heat stress injury is much easier than recovering from the injury. Drink fluids and replace electrolytes on a regular basis throughout the day.

## HEAT ILLNESS

### Symptoms and responses to unprotected heat exposure:

**Sunburn:** Redness and painful skin; swelling of skin, blisters, fever and headaches are typical in severe cases.

**Response:** Ointments for mild cases. DO NOT break blisters. If they do break, apply dry, sterile dressing. For severe cases, consult a physician.

**Heat Cramps:** Painful muscle spasms, usually in the legs and abdomen. Possible heavy sweating.

**Response:** Apply firm pressure on cramping muscles, then gently massage to relieve muscle spasm. Give sips of Sqwincher every 15 minutes.

**Heat Exhaustion:** Heavy sweating, weakness, pale and clammy skin, nausea, low blood pressure, rapid pulse, fainting and possible vomiting.

**Response:** Stop exertion, move to a cool spot and drink Sqwincher every 15 minutes for an hour. If victim vomits, seek immediate medical attention.

**Exertional Heat Illness:** Stuporous appearance, tired, nausea with possible vomiting. Unsteady gait, heavy perspiration, dehydrated with high body temperature (up to 104°F), often accompanied by headache, rapid respiration and pulse.

**Response:** Cease exertion and promptly cool body exterior. Initiate replacement of fluids – water first, then Sqwincher. If victim cannot retain fluids, transport to hospital.

**Heat Stroke:** High body temperature (105°F or higher), hot, red and dry skin, strong rapid pulse, possible unconsciousness.

**Response:** Heat stroke is a severe medical problem. Move victim to cooler area and reduce body temperature with cold bath or sponging. Use fans and air conditioners. Get victim to hospital – DELAY CAN BE FATAL. DO NOT GIVE FLUIDS.

## TEMPERATURE DANGERS POSED BY HEAT STRESS

**90°-100° F**

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

**101°-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.**

**How To Use The Heat Index Chart**

# HEAT INDEX CHART

Across top (Air Temperature) locate today's predicted high temperature.

Down left side (Relative Humidity) locate today's predicted humidity.

Follow across and down to find "Apparent Temperature" or "What It Feels Like".

| Air Temp.           | 70°                                         | 75° | 80° | 85°  | 90°  | 95°  | 100° | 105° | 110° |
|---------------------|---------------------------------------------|-----|-----|------|------|------|------|------|------|
| Relative Humidity ↓ | Apparent Temperature (Degrees Fahrenheit) → |     |     |      |      |      |      |      |      |
| 0%                  | 64°                                         | 69° | 73° | 78°  | 83°  | 87°  | 91°  | 95°  | 99°  |
| 10%                 | 65°                                         | 70° | 75° | 80°  | 85°  | 90°  | 95°  | 100° | 105° |
| 20%                 | 66°                                         | 72° | 77° | 82°  | 87°  | 93°  | 99°  | 105° | 112° |
| 30%                 | 67°                                         | 73° | 78° | 84°  | 90°  | 96°  | 104° | 113° | 123° |
| 40%                 | 68°                                         | 74° | 79° | 86°  | 93°  | 101° | 110° | 122° | 137° |
| 50%                 | 69°                                         | 75° | 81° | 88°  | 96°  | 107° | 120° | 135° | 150° |
| 60%                 | 70°                                         | 76° | 82° | 90°  | 100° | 114° | 132° | 149° |      |
| 70%                 | 70°                                         | 77° | 85° | 93°  | 106° | 124° | 144° |      |      |
| 80%                 | 71°                                         | 78° | 86° | 97°  | 113° | 136° | 157° |      |      |
| 90%                 | 71°                                         | 79° | 88° | 102° | 122° | 150° | 170° |      |      |
| 100%                | 72°                                         | 80° | 91° | 108° | 133° | 166° |      |      |      |

Heat Index Values were devised for shady, light wind conditions. Exposure to full sun can increase values by up to 15°. Strong winds, particularly with hot, dry air can be extremely hazardous.

For more information on hydration products, visit [MSCDirect.com](http://MSCDirect.com).

[www.mscdirect.com/betterMRO](http://www.mscdirect.com/betterMRO)

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