### WORKING IN THE HEAT?

Dehydration is a serious threat to your health

Hydration is about maintaining your body's water and electrolytes stores by ingesting fluid and salt to match the amounts you lose through sweating



70%
OF EUROPEANS WORKING IN
HIGH HEAT ARE DEHYDRATED

# THIRST DOES IT PROTECT?

Thirst may not be sufficient to secure that you stay hydrated in hot conditions





## HABITS DAY-TO-DAY

It is not only about hydrating at work. Hydrating at home is equally important



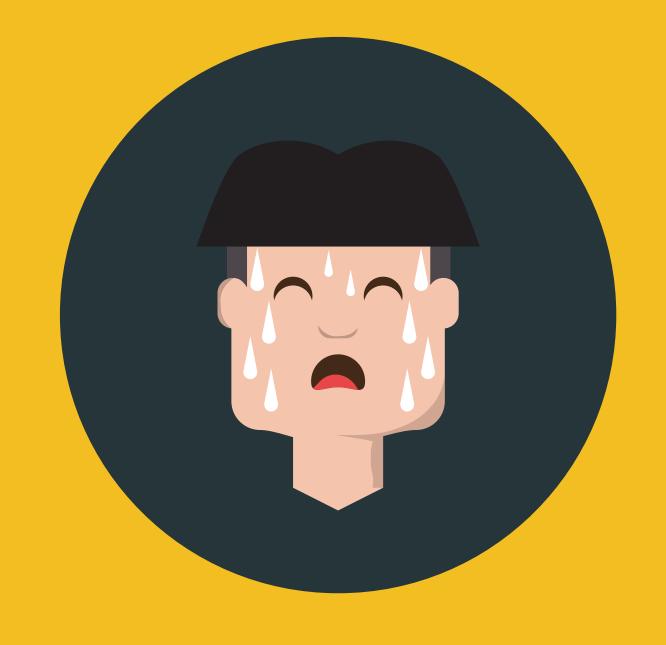
Read these steps to secure adequate daily water and salt intake





#### BALANCE

Find your balance.
Hydration needs vary
from person to person



### SWEAT LOSS

Your water needs may be high if you are a "heavy-sweater"



#### ELECTROLYTES

If your blood pressure is normal, extra salt to your meals may help



#### STAY PROTECTED

Get support personalized to your needs at www.heat-shield.eu

