

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

30 °C +



WATER AND SALT

Read these steps to
secure adequate daily
water and salt intake

HABITS DAY-TO-DAY

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



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

**HEAT
SHIELD**

STAY PROTECTED

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