

# EMPLOYEE HYDRATION

**PLAN  
AND  
PREVENT**  
*your kitchen depends on it*



A new protocol is on the horizon. As of April 2022, OSHA launched a National Emphasis Program (NEP) toward the very first federal Heat Advisory standard for the workplace.

## THE FACTS

- OSHA - **Occupational Safety and Health Administration** of the U.S. Department of Labor
- OSHA sets and enforces **safe and healthy work condition** standards
- NEPs are temporary programs that **focus on specific hazards** and at-risk industries
- The objective of the latest NEP is to **regulate workplace heat hazards**
- Enforce heat stress training and **hydration plan activation**
- Activation required upon heat index of **80°F or higher**
- **Indoor workplace environments** experiencing significant heat are included
- Violations can result in citations and **costly fines**

Source: <https://www.osha.gov/enforcement/directives/cpl-03-00-024>

The Squincher® brand has led the industry in workplace hydration for **over 45 years** emphasizing the necessity of proper hydration



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# DON'T NEGLECT KITCHEN HEAT

*We all have heard . . . “safety first”,  
now let's put it into practice!*



Take advantage of hydration expertise by the Squwincher® brand's 45 plus years of protecting the American workforce from dehydration and Heat Stress Illnesses. Squwincher® electrolytes can help you navigate the NEP with hydration solutions to combat heat hazards you and your staff face in the kitchen.

## WHY WORKPLACE HYDRATION

**Just 2% fluid loss impairs an employee, creating potential for workplace hazard.**

Studies have shown that dehydration can result in up to a 20% decrease in physical performance in temperate climates. In hotter temperatures, it can get as bad as a 50% decrease.

### DEHYDRATION - CONSEQUENCES AT A GLANCE

Amount of Fluid Loss	Effect on Body
2%	Impaired Performance
4%	Muscular function & capacity declines
6%	Heat Exhaustion
8%	Hallucination
10%	Circulatory collapse & heat stroke

Source: <https://www.ncbi.nlm.nih.gov>

### WORK INJURY COSTS

The following estimates are a measure of the economic impact of preventable injuries

TOTAL in 2020	\$164 Billion
Per Worker	\$1,100
Per Medically Consulted Injury	\$44,000

Sources:  
<https://injuryfacts.nsc.org/work/costs/work-injury-costs/>  
<https://us.bumankinetics.com/blogs/excerpt/dehydration-and-its-effects-on-performance>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6282244/>

## BENEFITS OF A HYDRATED EMPLOYEE

- Boost employee morale
- Boost productivity
- Potential for company insurance exemptions
- Most of all, keep employees safe from silent killer – HEAT STRESS

## HYDRATION SOLUTIONS

Water is the default go-to when it comes to hydration. Rightfully so - it is a necessity. However, water alone can't put back minerals and nutrients lost during physical activities - like work! Squwincher® electrolyte replenishment provides necessary minerals the body needs for proper fluid balance.

In a workplace setting, no “one” solution fits every hydration need for a diverse staff with individual dietary preferences. Our unique portfolio of products, formulas and dispensing options offer electrolyte beverages for multiple hydration needs.

Squwincher® products are available in liquid or powder format for bulk and single serve applications. Don't forget the ready-to-drink bottles or innovative pouches, along with the famous freeze pops, Squwincher Squeeze®.



800-442-5242 [www.squwincher.com](http://www.squwincher.com)

**A working BODY becomes a THIRSTY body**