

HEAT STRESS SIGNS

DESCRIPTION

The key to implementing a strong heat stress management programme on site is education. Once workers understand the importance of hydration, and when to hydrate (which is not only when you feel thirsty), an OHS heat stress management programme and disciplined hydration naturally becomes inherent in the workplace culture.

The THORZT Heat Stress Signs assist with educating staff about the importance of hydrating in the workplace, as well as the warning signs of heat stress and hydration guide.

FEATURES & BENEFITS

- Educational awareness
- Simple and can be displayed on site as a constant reminder to workers

APPLICATIONS

- Indoor / outdoor work

PRODUCT DETAILS

Size: 900mm x 1200mm



SCAN TO
WATCH VIDEO

THORZT ARE YOU HYDRATED?

MATCH YOUR URINE TO THE COLOUR GUIDE BELOW
The number one high to low, whether your body needs hydrating is assessing the colour of your "number one's".

SAFE ZONE: Optimal hydration, keep drinking.

CAUTION: Mild dehydration, increase fluid intake.

WARNING: Severe dehydration. Drink/Rest at THORZT & maintain steady fluid intake.

REDUCE WORKPLACE RISK WITH ELECTROLYTE REPLENISHMENT
Headaches, fatigue and dizziness caused by dehydration can lead to reduced concentration and careless workplace practices.

DRINKING WATER REPLACES LESS FLAVOUR BUT NOT THE ESSENTIAL SALT, MINERALS, CARBOHYDRATES AND AMINO ACIDS THAT ARE LOST THROUGH SWEAT.

REPLENISHED BY WATER

REPLENISHED BY SUGAR FREE THORZT

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TO AVOID INJURY OR POTENTIALLY SERIOUS WORKPLACE ACCIDENTS, MONITOR THE COLOUR OF URINE. NUMBER ONE'S AND REHYDRATION PREVENTION IS BETTER THAN A CURE. BEST PRACTICES:

DRINK REGULARLY: 250mls every 15-20 mins+.
Keep a THORZT drink bottle or cooler on site.

AVOID EXCESS CAFFEINE: THORZT is caffeine free.

AVOID HIGH SUGAR ENERGY DRINKS: THORZT is low in sugar, with sugar free options.

REPLACE LOST ELECTROLYTES: THORZT is specifically formulated to maintain the correct fluid/electrolyte balance.

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TODAY'S FORECAST

RISK OF HEAT STRESS

TEMPERATURE °C

HUMIDITY %

THORZT
HYDRATING HARD WORK

THORZT.COM

INTERVENTIONS

REHYDRATION SCHEDULE: ___ MLS / ___ MINS
WORK-REST SCHEDULE: ___ MINS(W) / ___ MINS

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