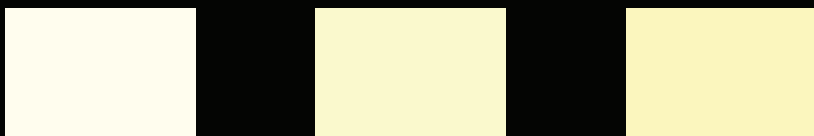




ARE YOU HYDRATED?

MATCH YOUR URINE TO THE COLOUR GUIDE BELOW

The number one way to tell whether your body needs re-hydrating is assessing the colour of your "number one's".



OPTIMAL HYDRATION: KEEP DRINKING



CAUTION: MILD DEHYDRATION. INCREASE FLUID



WARNING: SEVERE DEHYDRATION. DRINK 800MLS OF THORZT + MAINTAIN STEADY FLUID INTAKE.

HYDRATION TIPS

BEFORE WORK:

- 1x cup water (250mls) before bed
- 1x cup when you wake up
- 1x cup on your way out the door

AT WORK:

- Sip an 800ml drink bottle, and aim to refill at least once every hour
- For every 3x cups water, drink 1x cup hypotonic electrolyte mix (eg THORZT)
- Increase electrolyte intake when experiencing heavy sweating

SAFETY

- At least 1% - 2% dehydration, workers experience decreased cognitive abilities, reduced concentration and alertness, and slower reaction times.
- 3% dehydration can slow reaction times to the same extent as having 0.08 Blood Alcohol Content (BAC)
- At 0.08 BAC you are 5 times more likely to crash your car

BEST PRACTICES

- Drink Regularly 250ml every 15/20mins
- Avoid Excess Caffeine
- Avoid High-Sugar Energy Drinks

QUICK STATS

- Over 50% of Australian workers report to work at least 2% dehydrated
- Industrial workers sweat an average of 1L/ hour when working in the heat
- 1% dehydration is about an 800ml fluid deficit for an 80kg adult male



Disclaimer: The hydration chart and best practices for consuming fluid are designed to be used as a guide only, consider seeking medical advice if unsure of your hydration levels or contact THORZT for more information.

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