



THE ACTIVITY DRINK THAT KEEPS WORKING MUSCLES WORKING

SQWINCHER® is an electrolyte replacement drink scientifically formulated to replace mineral salts, replenish fluids and sugars at optimal absorption rates which are depleted as a result of dehydration or through physical exertion in the workplace.

Implementing an electrolyte replacement program with SQWINCHER®, prevents or reduces the severity of heat stress disorders and provides a supplemental source of energy plus quenches thirst in a great tasting way. The following describes the symptoms of various heat disorders and what preventative measures can be taken to prevent dangerous situations from occurring:

HEAT DISORDER	SYMPTOMS	FIRST AID
<b>Heat Cramps</b> <b>Heat Index @ 90° - 100°</b>	Painful spasms usually in muscles of legs and abdomen, possible heavy sweating	Firm pressure on cramping muscles, then gentle massage to relieve spasm. Give sips of <b>SQWINCHER®</b> every 15 minutes.
<b>Heat Exhaustion</b> <b>Heat Index @ 105° - 129°</b>	Heavy sweating, weakness, dizziness, skins cold, pale and clammy. Pulse steady, normal temperature, possible fainting and vomiting.	Get victim out of sun, lie victim down, loosen clothes, apply cool cloths. Fan or move victim to air-cooled room. Give sips of <b>SQWINCHER®</b> every 15 minutes for 1 hour. If victim vomits, get medical attention.
<b>Exertional Heat Illness</b> <b>Heat Index @ 130° or Higher</b>	Stuporous appearance, tired and nauseated, may vomit, uncoordinated unsteady gait, perspiring heavily, dehydrated, overheated body temperature (up to 108 °F) often accompanied by headache, rapid respiration and pulse.	Cease exertion, promptly cool body exterior, and initiate replacement of fluids – water first, then <b>SQWINCHER®</b> . If victim cannot retain fluids, transport to hospital.
<b>Heat Stroke</b> <b>Heat Index @ 130° or Higher</b>	High body temperature (106° F or higher), hot red dry skin, rapid and strong pulse, possible unconsciousness.	Heat stroke is a severe medical problem, get victim to hospital immediately. Delay can be fatal. Move victim to cooler area. Reduce body temperature with cold baths or sponging. Use fans and air conditioners. <b>DO NOT GIVE FLUIDS!</b>

**PREVENTION**

Proper work procedures for reducing ill effects of heat stress involve scheduled work/rest cycles that keep you from over-doing it. In this case, rest means minimal activity, not stopping work completely. You may alternate light/heavy work or indoor/outdoor work. Duties may be rotated among work teams.

Fluid replacement is the most important way to protect your body’s thermo-regulation system. You must take in as much fluid as you lose during the day and replace electrolytes your body uses up in cooling. Often your body needs fluid before you feel thirsty, so don’t wait for thirst to drink fluids.

Remember that it is much easier to prevent heat stress injuries than to recover from them. Be aware of the environment in which you work and drink fluids with electrolytes, such as **SQWINCHER®**, on a regular basis throughout the workday.



## HEAT INDEX

### AIR TEMPERATURE

	70°	75°	80°	85°	90°	95°	100°	105°	110°
Relative Humidity	<b>APPARENT TEMPERATURE IN FAHRENHEIT DEGREES</b>								
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°
40%	68°	74°	79°	86°	93°	101°	110°	122°	137°
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°
60%	70°	76°	82°	90°	100°	114°	132°	149°	
70%	70°	77°	85°	93°	106°	124°	144°		
80%	71°	78°	86°	97°	113°	136°	157°		
90%	71°	79°	88°	102°	122°	150°	170°		
100%	72°	80°	91°	108°	133°	166°			

### HEAT INDEX 90° - 100°

Sun Stroke, heat cramps and heat exhaustion are possible with prolonged exposure and physical activity

### HEAT INDEX 105° - 129°

Sun stroke, heat cramps and heat exhaustion likely. Heat stroke possible with prolonged exposure and physical activity.

### HEAT INDEX 130° or Higher

Heat stroke or sun stroke imminent.