



Hydration in Extreme Work Environments

more than just thirst

Did you know ...



There are work activities that require great effort in harsh and **extreme environmental conditions**



Often the loss of water due to sweat in extreme work environments is greater than the daily water intake, **resulting in a body water deficit**



Dehydration can negatively influence productivity, safety and mood, **mental and physical performance can be reduced**



A clear example

AN EMPLOYEE IN THE METALLURGICAL INDUSTRY, specifically in smelting furnaces, where the thermometer reaches 100° C, remove metal pieces that leave the oven.



EACH TIME THE EMPLOYEE ENTERS THE OVEN, their heart rate increases 35% and in a span of 60 minutes they can lose up to a liter of sweat caused by high temperatures, physical effort and also because of the equipment used.



THE EMPLOYEE'S BODY ACCELERATES DAILY due to extreme conditions and physical activity, so the heart pumps more blood to the muscles and skin to regulate the temperature.

Did you know ... Elkay® has drinking fountains and bottle filling station products that withstand high temperatures and provide cleaner, healthier drinking water.

Sources:

La importancia de la hidratación en el trabajo | <http://institutoaguaysalud.es/la-importancia-de-la-hidratacion-en-el-trabajo/>

Hidratación Industrial, más que simple sed | <https://manufatura.mx/industria/2014/07/06/hidratacion-industrial-mas-que-simple-sed>