

OVERTIME'S Steps to Heat Stress Prevention



OVERTIME not only helps replenish your body's fluids, but also adds nutrients such as potassium and sodium, to give your body what it needs.



ELECTROLYTE REPLACEMENT
IN 5 REFRESHING FLAVORS
drinkovertime.com



OVERTIME™ at Work

Heat related disorders are the number one threat to safety and health of the workforce, costing the industry millions of dollars in lost time, productivity, and profits. Vital for nerve and muscle function, electrolytes are responsible for the body's hydration and blood pH. Electrolyte balance can become unstable during hard work and sweating, leading to dehydration. OSHA recommends drinking 16 ounces of water every 30 minutes, even if you're not thirsty. OVERTIME™ helps to prevent dehydration by replenishing the body's water and electrolyte concentrations.

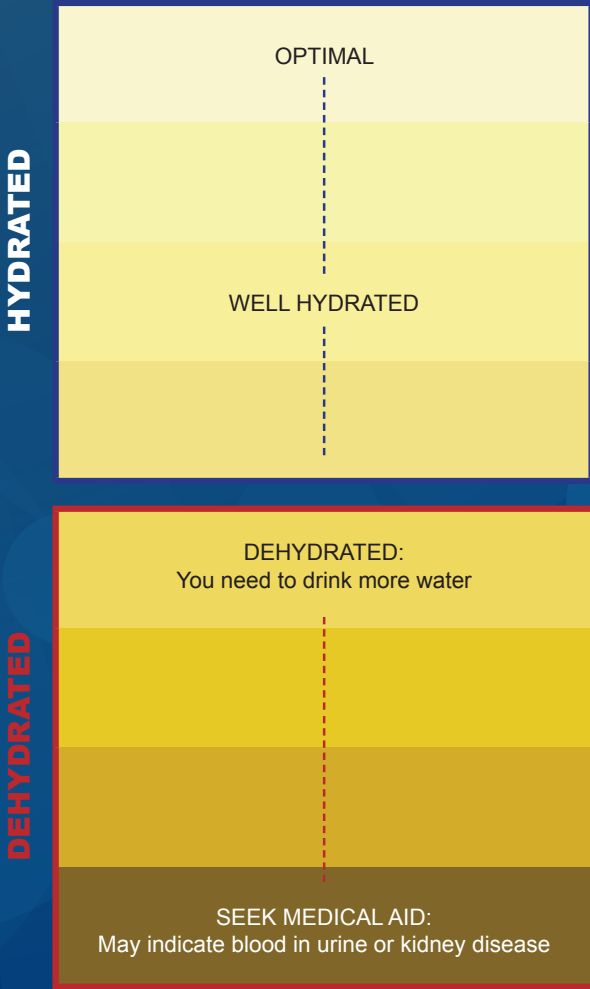
Signs of Heat Stress:

**DIZZINESS / HEADACHE / WEAKNESS / RAPID HEARTBEAT
NAUSEA / CRAMPS / CHEST PAIN / LABORED BREATHING**

Heat Stress Prevention Starts H.E.R.E. – Hydrate Educate Remind Enforce

URINE COLOR

Urine color is a sign of how hydrated (or dehydrated) you are. Drink more water when indicated, using the chart below as a guide. Take extra precautions when the heat index is high and the risk of heat illness increases.



*This color chart is not for clinical use.
Source: U.S. Army Public Health Command

HEAT INDEX

TEMPERATURE (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										



LIKELIHOOD OF HEAT DISORDERS with Prolonged Exposure or Strenuous Activity

Caution

Extreme Caution

Danger

Extreme Danger

HOW TO REACT WHEN IN THE RED:

1. Watch out for your co-worker, especially new workers
2. Avoid strenuous work at peak heat hours (11-3) if possible
3. Avoid drinking caffeine and sugar as they aid dehydration



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How to Combat the Cold *with* OVERTIME

OVERTIME™ at Work

Despite what many believe, dehydration is just as serious of a threat during cold weather as in the heat. It has been shown that sweat sodium concentration is significantly higher in the winter, increasing the need to replenish fluids and electrolytes during strenuous activity. Overtime is here to replenish your body's needs in any weather conditions you might find yourself working through. Here are some tips to remember while in cold weather:



Acclimate

Allow the body to adjust to colder weather and winter elements.



PPE Clothing

Wear protective clothing and be mindful of the insulating properties that may cause excessive sweating, which can become dangerous when frozen at the surface of the skin.



Thirst

In cold weather, the body's natural thermo-regulation takes priority, resulting in decreased thirst sensation. Drink fluids and replace electrolytes on a regular basis throughout the day.

Cold Illness Indicators:

Early Detection

Red, swollen, itchy skin around face region, and cold wet exposure with the feet causing tingly, numbness and pain.

Response: Cover and protect areas immediately. Lotions and ointments can treat areas. Remove wet clothing and dry the feet. Warm slowly.

Frostbite

Freezing of the skin and/or deeper tissue causing burning, numbness and pain.

Response: Remove from the cold. Gradually warm areas without direct heat. No rubbing to prevent further tissue damage. See medical attention.

Hypothermia

Loss of body heat causing core temperature to drop below 98.6°F. Core temperature of 82°F or below is fatal.

Response: Remove from cold immediately and dial 9-1-1. Handle patient gently, not to disturb vital organs under low core temperature. Apply any warming to body's core first and not to extremities.

		Temperature (°F)																		
		Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind (mph)	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63	
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72	
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77	
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81	
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84	
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87	
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89	
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91	
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93	
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95	
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97	
	60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	



Frostbite Times



30 minutes



10 minutes



5 minutes

$$\text{Wind Chill (°F)} = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$$

Where, T= Air Temperature (°F) V= Wind Speed (mph)



Wind Chill Dangers

Wind Chill 32°F to -15°F
Discomfort from cold conditions, chilblains and frostbite possible with face and extremities.

Wind Chill 20°F to -40°F
Hypothermia possible with prolonged exposure and frostbite occurs within 10-30 minutes.

Wind Chill -40°F and below
Frostbite within 5 minutes! Hypothermia IMMINENT without proper precaution.