



# 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>