

MAKING THE WORKPLACE A SAFER PLACE





MAKING THE WORKPLACE A SAFER PLACE
REHYDRATION PROGRAM

REHYDRATION PROGRAM



HYDRATION THAT WORKS™



WHAT ARE SIGNS OF DEHYDRATION

DRY MOUTH

DRY SKIN

FEELING PARCHED

DIZZINESS & FATIGUE

FEELING THIRSTY IS A SIGN OF MILD DEHYDRATION

DARK COLOURED & SMELLY URINE

URINATING & SWEATING LESS THAN USUAL

SEIZURE & LOSS OF CONSCIOUSNESS





THE EFFECTS OF DEHYDRATION



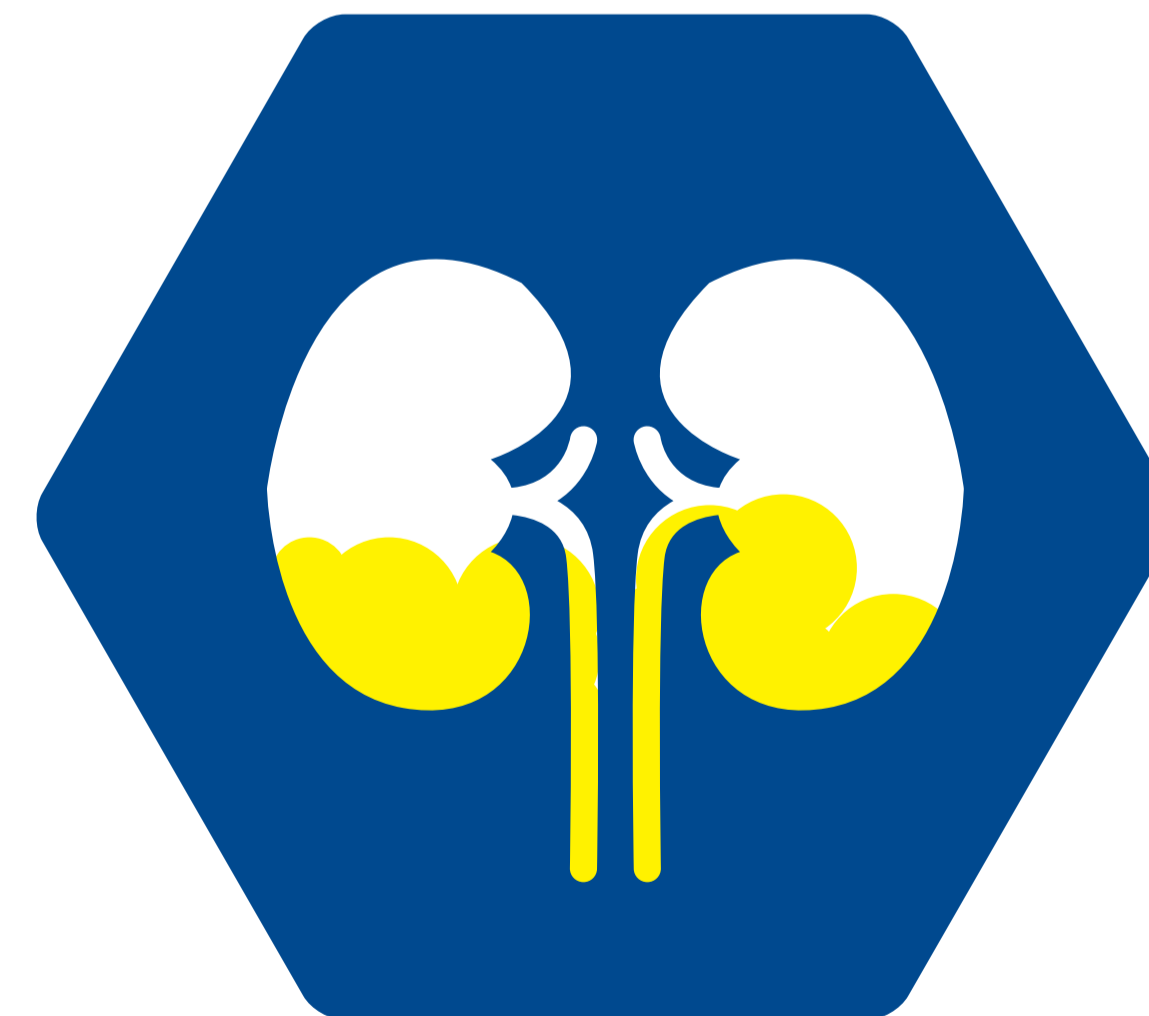
**DECREASES WORKSITE
PERFORMANCE BY 50%**



**HEAT ILLNESS
OR INJURY**



**DECREASED COGNITIVE
& MOTOR SKILLS**



**URINARY & KIDNEY
PROBLEMS**



WHEN SHOULD YOU BE HYDRATING

Working hard in the heat, men should be consuming at least 3.7 litres and 2.7 litres for women of fluid every day

Morning, before work, during work, after work and before bed

More often during physical activity

More often in hot environments

RECOMMENDATION FOR PROPER HYDRATION WATER (CUPS PER DAY)

FEMALE   **2.7L**

MALE   **3.7L**





HOW TO AVOID DEHYDRATION THROUGH ELECTROLYTES

1

Electrolytes are used in the body to transfer signals from the brain and to activate muscles

2

Loosing fluids also decreases the amount of electrolytes in the body

3

Electrolytes need to be replenished and are most effective when consumed with water





MAKING THE WORKPLACE A SAFER PLACE
REHYDRATION PROGRAM



WHAT IS SQWINCHER?

Sqwincher is a recognised leader in hydration solutions for hot and strenuous workplaces.

These electrolyte enhanced products for effective hydration are available as a **powder, liquid concentrate and frozen.**



HYDRATION THAT WORKS™



SQWINCHER VS THE REST

THE FACTS!

	SQWINCHER[®] ELECTROLYTE Qwik Stiks 99.5% Sugar Free	INDUSTRIAL ELECTROLYTE Comparison 1	PHARMACY ELECTROLYTE Comparison 2	SPORTS ELECTROLYTE Comparison 3
SODIUM	138 mg	202.50 mg	840 mg	168 mg
POTASSIUM	114 mg	88.50 mg	480 mg	198 mg
SUGARS	Less than 1g	0.07 g	15 g	34 g
CALORIES	5 cal	3 cal	60 cal	150 cal

Based on a serving size of 600ml





SQUINCHER VS THE REST

THE FACTS!

POTASSIUM is a vital electrolyte in the human body necessary for muscle contraction, carbohydrate metabolism, fluid balance, cognition and heart function and is essential when working to avoid dehydration.

The recommended potassium intake for an average adult is **4,700 mg per day**

Australian Heart Foundation - www.heart.org





SQUINCHER VS THE REST

THE FACTS!

SODIUM is both an electrolyte and mineral. It helps maintain the water and electrolyte balance of the body. Sodium is also important in how nerves and muscle's function.

The Heart Foundation recommends that no adult consumes over **2000mg of sodium per day**

Australian Heart Foundation - www.heart.org





A COMPLETE WORKSITE HYDRATION SOLUTION



Fast Pack



Qwik Stik



Liquid Concentrate



Squeeze





MAKING THE WORKPLACE A SAFER PLACE
REHYDRATION PROGRAM

QWIK STIKS

PORTION CONTROL sachets for on-the-go-use great taste just add one qwik stik to a 600ml water bottle, shake and enjoy

ESSENTIAL ELECTROLYTES for fast hydration and good health

CAFFEINE FREE & SUGAR FREE

LOW COST PER SERVE

GREAT TASTE

DOES NOT CONTAIN ASPARTAME



ADD 1 STICK TO
600^{ml}
OF WATER

AVAILABLE FLAVOURS

- Lemonade
- Lemon-Lime
- Cool Citrus
- Grape
- Orange
- Mixed Berry



HYDRATION THAT WORKS™



MAKING THE WORKPLACE A SAFER PLACE
REHYDRATION PROGRAM

LIQUID CONCENTRATE

EASY MIX add water to serve and drink! 2L bottle of concentrates yields 20 Litres and 500ml bottle yields 5 litres

PERFECT PACKAGING for hydration stations on site

ESSENTIAL ELECTROLYTES for fast hydration and good health

MADE IN AUSTRALIA

LOW COST PER SERVE

CONTAINS ONLY NATURAL SWEETENERS



 **Squincer Concentrate**
Made in Australia from at least 90% Australian ingredients

- AVAILABLE FLAVOURS**
- Lemonade
 - Lemon-Lime
 - Wild Berry
 - Grape
 - Tropical Cooler
 - Orange



HYDRATION THAT WORKS™



MAKING THE WORKPLACE A SAFER PLACE
REHYDRATION PROGRAM

SQWEEZE

FROZEN FORMAT helps cool core body temperature fast perfect for the harsh Australian conditions

CONVENIENT ready to to go hydration

ESSENTIAL ELECTROLYTES for fast hydration and good health

CAFFEINE FREE

LOW COST PER SERVE

CONTAINS ONLY NATURAL SWEETENERS

PERFECT FOR HOT DAYS



- AVAILABLE FLAVOURS**
- Lemon-Lime
 - Mixed Berry
 - Grape
 - Cherry
 - Orange



HYDRATION THAT WORKS™



MAKING THE WORKPLACE A SAFER PLACE
REHYDRATION PROGRAM

SQWEEZE ZERO

FROZEN FORMAT helps cool core body temperature fast perfect for the harsh Australian conditions

CONVENIENT ready to to go hydration

ESSENTIAL ELECTROLYTES for fast hydration and good health

CAFFEINE FREE, SUGAR FREE & LOW CALORIE

LOW COST PER SERVE

DOES NOT CONTAIN ASPARTAME

PERFECT
FOR HOT
DAYS

NEW
SUGAR
FREE
OPTION

AVAILABLE FLAVOURS

- Watermelon
- Dragonfruit
- Punch
- Orange
- Mixed Berry



HYDRATION THAT WORKS™



FAST PACK

HYGIENIC SINGLE SERVE pack is the cup, simply add water to the pack & drink

PERFECT PACKAGING for mobile workers and for portion control

ESSENTIAL ELECTROLYTES for fast hydration and good health

CAFFEINE FREE

LOW COST PER SERVE

CONTAINS ONLY NATURAL SWEETENERS



- AVAILABLE FLAVOURS**
- Lemon-Lime
 - Tropical Cooler
 - Orange
 - Wild Berry



**It costs less to prevent a workplace accident
or illness than it does to recover from one.**

