



# NEED FOR FLUIDS

Dehydration adversely affects worker productivity, safety and morale.<sup>1</sup> Loss of fluids can cause Dehydration, Heat Stress, and Fatigue (DHF), the effects of which include decreased cognitive abilities, reduced performance and slowed reaction times.<sup>2,3,4</sup> This can lead to reduced output and careless work practices which may contribute to serious accidents in the workplace. At just 1% dehydration, productivity reduces by about 12%.<sup>1,2</sup> At 2% dehydration, heart rate increases by 8 beats per minute (bpm) which increases perception of effort and reduces bodyperformance by up to 30%.<sup>1,5</sup>

At 3% dehydration, heart rate increases by 12bpm and performance is reduced by 25-50%. Reaction time is also slowed to levels similar to that of having a .08 Blood Alcohol Content (.03 above the legal driving limit).<sup>1,6</sup>

At .08 BAC (Blood Alcohol Content) drivers are five times more likely to be in a car accident.<sup>7</sup> Similarly, the more dehydrated workers become, the more a Loss Time Incident (LTI) is likely to occur.

Drinking water replaces lost fluids but not essential salts, minerals, carbohydrates and amino acids needed to maintain optimum performance and productivity.

Sweat contains water, and essential salts known as electrolytes. In a thermally stressful environment like a mine site where workers can sweat anywhere from 1L-2.5L per hour,<sup>6,8,9</sup> a specially formulated mixture of Electrolyte salts is required to replace fluid losses and re-establish the correct fluid-electrolyte balance.<sup>1,10</sup>

Electrolyte drinks increase water retention by 25% compared with drinking water, assisting workers to avoid dehydration.<sup>11</sup>

The addition of other ingredients such as Amino Acids will help the body to maintain stamina during prolonged physical activity.

## WHY THORZT?

- AUSTRALIAN MADE
- PROPRIETARY ELECTROLYTE FORMULA
- CONTAINS MAGNESIUM AND B & C GROUP VITAMINS
- CONTAINS BRANCH CHAIN AMINO ACIDS
- UP TO HALF THE SUGAR OF OTHER ALTERNATIVES
- GLUTEN AND CAFFEINE FREE
- HYPOTONIC
- HYDRATION AWARENESS PROGRAMS

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# EVERY WORKER NEEDS HYDRATION



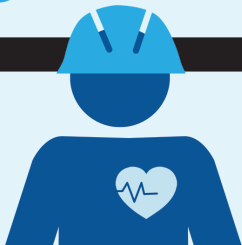
NOT JUST A **DRINK** - A **HYDRATION SOLUTION**

THE OPPORTUNITY FOR INDUSTRIAL ATHLETES - YOUR WORKFORCE TO STAY HYDRATED OVER SUMMER

WHAT IS MILD **DEHYDRATION**?  
**50-60%** OF WORKERS REPORT TO WORK IN A MILDLY DEHYDRATED STATE



WORKERS CAN SWEAT ANYWHERE FROM **500mL TO 2.5L** PER HOUR



FOR EVERY  
**1%**  
INCREASE IN  
DEHYDRATION

HEART RATE  
INCREASES **4** BEATS PER  
MINUTE



**3%** DEHYDRATION CAN SLOW REACTION TIMES TO THE SAME EXTENT AS HAVING A **0.08** BLOOD ALCOHOL CONTENT (BAC)

AT 0.08 BAC, YOU ARE **5x** MORE LIKELY TO CRASH YOUR CAR

DOES THIS SOUND LIKE YOU OR YOUR TEAM?  
FOR ALL YOUR HYDRATION AND HEAT STRESS NEEDS,  
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