



HEAT STRESS SIGNS

PART NUMBER: THOHG / THOIHS

DESCRIPTION

The key to implementing a strong heat stress management programme on site is education. Once workers understand the importance of hydration, and when to hydrate (which is not only when you feel thirsty), an OHS heat stress management programme and disciplined hydration naturally becomes inherent in the workplace culture. The THORZT Heat Stress Signs assist with educating staff about the importance of hydrating in the workplace, as well as the warning signs of heat stress and hydration guide.

FEATURES AND BENEFITS

- Educational awareness
- Simple and can be displayed on site as a constant reminder to workers

APPLICATIONS

- Outdoor work
- Indoor work

PRODUCT DETAILS

Size: 900mm x 1200mm

TODAY'S FORECAST

RISK OF HEAT STRESS

TEMPERATURE _____ °C
HUMIDITY _____ %

THORZT
HYDRATE ENERGISE PERFORM
THORZT.COM

Interventions:

Rehydration Schedule: _____ mls / _____ mins
Work-Rest Schedule: _____ mins(W) / _____ mins(R)

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THOIHS

ARE YOU HYDRATED?

Match Your Urine to the Colour Guide Below

The number one way to tell whether your body needs rehydrating is assessing the colour of your "number one's".

1
2
3
4
5
6
7
8

Optimal Hydration, Keep Drinking

Caution: Mild Dehydration, Increase Fluid Intake

Warning: Severe Dehydration! Drink 800mls of THORZT + maintain steady fluid intake

Reduce Workplace Risk with Electrolyte Replenishment

Dehydration, fatigue and dizziness caused by dehydration can lead to reduced concentration and careless work practices.

Drinking water replaces lost fluid, but not the essential salts, minerals, carbohydrates and amino acids that are lost through sweat.

Replenished by Water

Replenished by Thorzt

Thorzt Sugar-Free

FLUID, ELECTROLYTES, AMINO ACIDS, MAGNESIUM, CARBOHYDRATES

To avoid injury or potentially serious workplace accidents, monitor the colour of your number one's and remember, prevention is better than cure!

Best Practices

Drink Regularly: 250mls fluid every 20mins*
Avoid excess caffeine
Avoid High-Sugar Energy Drinks
Replace Lost Electrolytes

Keep a Thorzt Drink Bottle or Cooler on Site
Thorzt is Caffeine Free
Thorzt is low in sugar, with sugar free options
Thorzt is scientifically formulated to maintain the correct fluid electrolyte balance

Disclaimer: This sheet is designed to be a guide only. Consider seeking medical advice if the colour of urine is 7 or 8, or if you experience symptoms of dehydration such as dizziness, headache, or fatigue. *This is a general guideline and should be adjusted based on individual needs and environmental conditions. Always consult a healthcare professional for more information.

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