

# EMPLOYEE HYDRATION

**PLAN  
AND  
PREVENT**  
*your kitchen depends on it*



**A new protocol is on the horizon. Since its inception in April 2022, OSHA works to pass the very first federal Heat Advisory standard for the workplace. Kitchens are on the list due to their significant heat risk.<sup>1,2</sup>**

## **Heat Injury and Illness Prevention (HIIP) in Outdoor and Indoor Work Settings<sup>1,2</sup>**

### **The Facts:**

- As of August 2024, the HIIP proposed ruling has been published
- It includes hot **Indoor environments (kitchens)** experiencing significant heat
- The objective is to **regulate workplace heat hazards**
- Will enforce heat stress training and recommended **hydration plan**
- Activation required upon heat index of **80°F or higher**
- Violations can result in citations and **costly fines**
- **Certain states** have already adopted and activated their HIIP<sup>3</sup>

Source

1. <https://www.osha.gov/heat-exposure/rulemaking>

2. <https://www.federalregister.gov/documents/2024/08/30/2024-14824/heat-injury-and-illness-prevention-in-outdoor-and-indoor-work-settings>

3. <https://www.osha.gov/heat-exposure/standards>

**The Squincher® brand has led the industry in workplace hydration for 50 years emphasizing the necessity of proper hydration**



**KENT**  
Precision Foods Group

SQWKIT25\_FS

# DON'T NEGLECT KITCHEN HEAT

We all have heard . . . “safety first”,  
now let's put it into practice!



Take advantage of hydration expertise by the Squincher® brand's 50 years of protecting the American workforce from dehydration and Heat Stress Illnesses. Squincher® electrolytes can help you navigate the NEP (National Emphasis Program) with hydration solutions to combat heat hazards you and your staff face in the kitchen.

## WHY WORKPLACE HYDRATION<sup>4, 5, 6, 7</sup>

Just 2% fluid loss impairs an employee, creating potential for workplace hazard.

Studies have shown that dehydration can result in up to a 20% decrease in physical performance in temperate climates. In hotter temperatures, it can get as bad as a 50% decrease.

### DEHYDRATION - CONSEQUENCES AT A GLANCE

Amount of Fluid Loss	Effect on Body
2%	Impaired Performance
4%	Muscular function & capacity declines
6%	Heat Exhaustion
8%	Hallucination
10%	Circulatory collapse & heat stroke

### WORK INJURY COSTS

The following estimates are a measure of the economic impact of preventable injuries

TOTAL in 2020	\$164 Billion
Per Worker	\$1,100
Per Medically Consulted Injury	\$44,000

4. <https://www.ncbi.nlm.nih.gov>

5. <https://injuryfacts.nsc.org/work/costs/work-injury-costs/>

6. <https://us.humankinetics.com/blogs/excerpt/dehydration-and-its-effects-on-performance>

7. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6282244/>

## BENEFITS OF A HYDRATED EMPLOYEE

- Boost employee morale
- Boost productivity
- Potential insurance benefits and reductions<sup>8</sup>
- Most of all, keep employees safe from silent killer – HEAT STRESS

8. <https://www.osha.gov/safety-management>

## HYDRATION SOLUTIONS

Water is the default go-to when it comes to hydration. Rightfully so - it is a necessity. However, water alone can't put back minerals and nutrients lost during physical activities - like work! Squincher® electrolyte replenishment provides necessary minerals the body needs for proper fluid balance.

In a workplace setting, no “one” solution fits every hydration need for a diverse staff with individual dietary preferences. Our unique portfolio of products, formulas and dispensing options offer electrolyte beverages for multiple hydration needs.

Squincher® products are available in liquid or powder format for bulk and single serve applications, but don't forget the famous freeze pops, Squincher Squeeze® freeze pops.



800-442-5242 [www.squincher.com](http://www.squincher.com)

A working BODY becomes a THIRSTY body