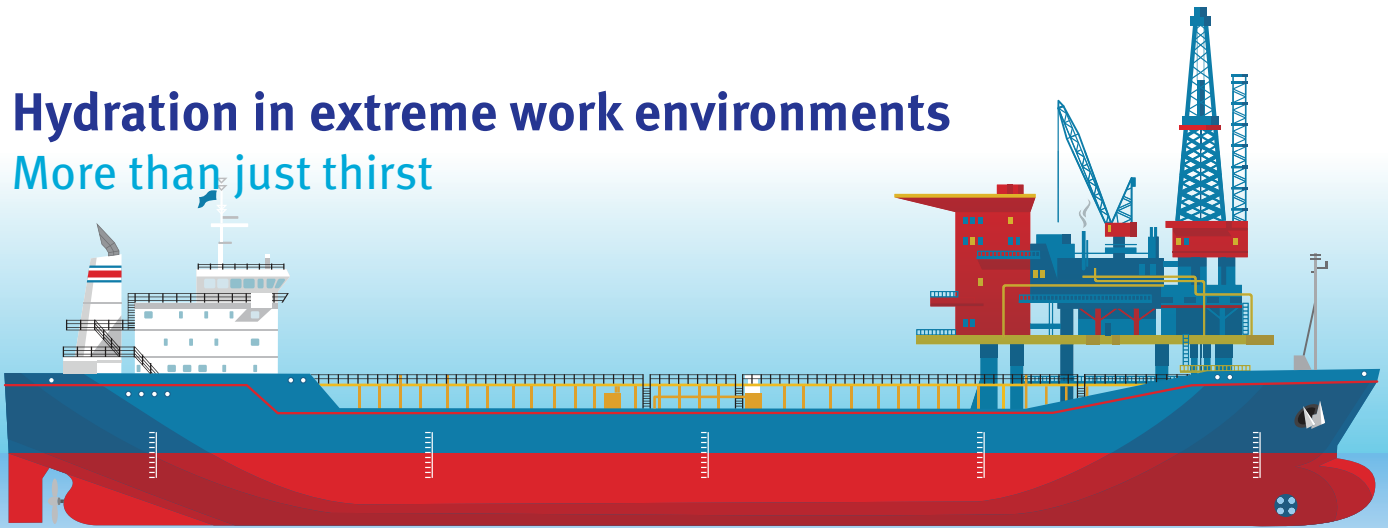


Hydration in extreme work environments More than just thirst



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



A CREW MEMBER ON VESSELS OPERATING IN TROPICAL AREAS, specifically in closed engine room or production area, where extreme temperatures are easily reached.



EACH TIME THE EMPLOYEE ENTERS THE CLOSED ROOMS, their heart rate increases 25% 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... Hatlenboer-Water has **drinking fountains and bottle filling station products** that withstand high temperatures and provide **cleaner, healthier drinking water**.

