

Workforce Hydration Protocol



BEFORE SHIFT

- Drink 600ml of water before starting any physical or mental workload
- Avoid excessive caffeine, particularly from energy drinks. Keep total daily caffeine intake below 400 mg where practical.
- Avoid excessive sugar as it can slow down absorption rates impacting hydration, and cause spikes and crashes in your energy levels.
- Consume a balanced meal containing sodium, potassium, magnesium and calcium.

DURING SHIFT

- 150 to 350ml of water every 20-30 minutes for optimal absorption.
- A practical starting point is approx one Body Armour sachet for every three bottles (600 ml) of water, adjusting according to sweat rate, temperature and work intensity.
- Icy poles consumed throughout your shift helping reduce thermal strain and support heat stress management.

AFTER SHIFT

- Begin rehydrating immediately after your shift by drinking approximately 500-750 ml of water. Hydration plays a crucial role in your sleep quality.
- If you've measured your sweat loss (pre/post body weight), replace approximately 1.5 L of fluid for every kg of body weight lost.
- Total intake across a typical hot 12-hour shift is around 3-6 sachets for most workers. Extreme sweaters may require more based on sweat losses.

THE RANGE & HOW TO USE IT



Body Armour Sachets

Rapid hydration to help replace the electrolytes lost through sweat. Mix one sachet per 500-600 ml of water. Total intake across a typical hot 12hr shift is 3-6 sachets. Adjust intake based on your sweat rate.



Body Armour Icy Poles

Cooling strategy to help reduce thermal strain while supporting hydration and helping replace electrolytes.



Body Armour Concentrate/Cordial

Mix with water at a 1:9 ratio, as you would a traditional cordial. When using the Body Armour pump, add one pump per 100 ml of water.

IF YOU EXPERIENCE HEAT STRESS

- Stop work immediately and move to a cool, shaded or air-conditioned area.
- Remove unnecessary PPE and loosen clothing to improve cooling.
- Begin cooling the body using ice packs or cold towels on the neck, armpits and groin where available.
- Sip cool water and an electrolyte solution if fully alert and able to drink.
- Notify your supervisor and seek medical assessment if symptoms persist or worsen.

Call emergency services immediately if the worker becomes confused, collapses, loses consciousness, has seizures or stops sweating in hot conditions.

Scope: This protocol provides practical hydration guidance for workers exposed to hot environments, physically demanding work or prolonged PPE use. Individual hydration requirements will vary depending on workload, environment and sweat rate.