



HYDRATION AND COOLING APPAREL

THE COMPLETE CATALOGUE FOR THE

WEEKDAY WORKER

AND THE

WEEKEND WARRIOR

www.thorzt.com

HYDRATION
SAFETY
GEAR GUIDE

VOLUME 6





7.5 MILLION CUPS OF THORZT CONSUMED

5 DISTRIBUTION HUBS ACROSS AUS/NZ

215 TONNES OF THORZT CONSUMABLES PRODUCED

OVER 1.5 MILLION ICY POLES CONSUMED

OVER 850 STOCKISTS ACROSS AUS/NZ

ENJOYED ALL OVER THE WORLD

BASED ON 2017 STATISTICS





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WAREHOUSE
LOCATIONS



THE IMPORTANCE OF HYDRATION

Most of us think of dehydration as a summer problem. The days are longer and warmer, you're sweating more. To compensate, you hydrate yourself with THORZT and a balanced diet. What many people don't realise, however, is that it's just as easy to become dehydrated in the winter. THORZT is the hydration solution for the weekday worker and the weekend warrior so it doesn't matter if you are on a construction site, the footy field, about to ski down a mountain or sitting in an office with the air conditioner on, THORZT has a product for you.

THE NEED FOR FLUIDS

Almost every bodily process requires water to function. The human body can survive for a far longer period without food than it can without water.

The body cannot produce water by itself, so any fluid lost must be replaced. The amount required depends on body size, metabolism, climatic conditions, the food we eat and activity levels.

Fluid deficiencies will eventually lead to Dehydration, Heat Stress and Fatigue (DHF).

WHAT IS MILD DEHYDRATION?

- 50 to 60% of workers report to work in a mildly dehydrated state (1-4% of body fluid)
- Workers can sweat anywhere from 500ml to 2.5L per hour
- For every 1% increase in dehydration, the heart rate increases by 4 beats per minute

HOW DO WE LOSE FLUID?

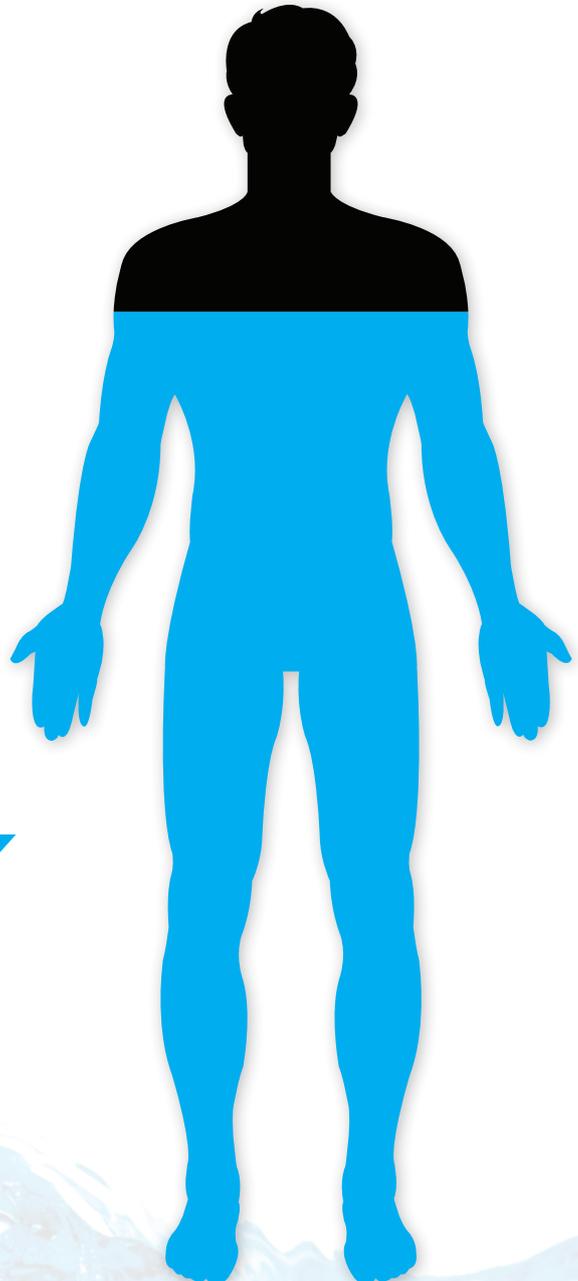
The body may lose fluids in a variety of ways:

- Breathing
- Vomiting
- Urinating
- Diarrhea
- Sweating

The rate at which fluid is lost may be increased by intensified physical exercise, and hot or humid weather conditions.

THE HUMAN BODY IS 60-70% WATER

- Heart: 79%
- Skin: 64%
- Brain: 75%
- Lungs: 80%
- Blood: 83%
- Kidneys: 83%



WHAT IS DEHYDRATION?

Dehydration adversely affects work productivity, safety and morale.¹ Loss of fluids can affect cognitive abilities, reduce performance and slow reaction times.^{2,3,4} 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%.^{1,2} At 2% dehydration, heart rate increases by 8 beats per minute (bpm) which increases perception of effort and reduces body performance by up to 30%.^{1,5}

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 0.08 Blood Alcohol Content (0.03 above the legal driving limit).^{1,6}

At 0.08 BAC (Blood Alcohol Content) drivers are five times more likely to be in a car accident.⁷ Similarly, the more dehydrated workers become, the more a Loss Time Incident (LTI) is likely to occur.

Dehydration occurs when fluids and nutrients are lost from the body at a faster rate than they are replaced. This results in an imbalance of the essential components of an efficiently working body.

Blood consists of 80-90% water and is responsible for the efficient transportation of vital nutrients around the body. Any imbalance reduces the efficiency of our bodies.

STAGES OF DEHYDRATION

Symptoms of dehydration are difficult to determine in the early stages, but can include dryness of the mouth and thirst, dry warm skin, dizziness, or cramping in the arms and legs.

As dehydration increases, signs may include:

- Irritability
- Skin inelasticity
- Darker urine
- Drowsiness
- Facial flushing
- Passing less urine than normal
- Irrational thinking
- Increased pulse rate
- Sunken eyes

FLUID REPLACEMENT

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,^{6,8,9} a specially formulated mixture of electrolyte salts is required to replace fluid losses and re-establish the correct fluid-electrolyte balance.^{1,10}

Electrolyte drinks increase water retention by 25%-40% compared with drinking water, assisting workers to avoid dehydration.¹¹

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



- Drink 250mls of water every 15 minutes in warm environments
- **Outdoor Workers:**
For every 3 cups of water, drink 1 cup of THORZT (3:1)
- **Indoor Workers:**
For every 6 cups of water, drink 1 cup of THORZT (6:1)
- Increase electrolyte intake when experiencing extreme sweating



AMINO ACIDS

Branch Chain Amino Acids (Isoleucine, Leucine and Valine) play an essential role in protein synthesis and muscle building as well as recovery, accounting for over a third of Essential Amino Acids.

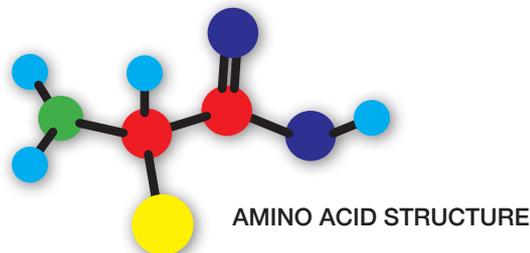
The addition of amino acids to carbohydrate-electrolyte drinks has been shown to increase fluid retention 15% greater than carbohydrate-electrolyte-only drinks, and 40% greater than water.¹¹

During extended shifts, or demanding work, adequate levels of Branch Chain Amino Acids prevent excess serotonin from collecting in the brain. This can lead to drowsiness, clouding judgement and increasing the risk of a Loss Time Incident (LTI).

Glutamine, a non-essential amino acid, is the most abundant amino acid (building block of protein) in the body. When the body's physiology is altered by factors, such as physical stress, its demands for extra glutamine can change drastically.

During extended periods of physical strain, glutamine is required by body organs in response to the increased stress levels. As a result, the body's glutamine levels begin to plummet and additional glutamine is essential to maintain performance.

- Hydrogen
- Nitrogen
- Carbon
- Oxygen
- Side Chain



WHAT ARE ELECTROLYTES?

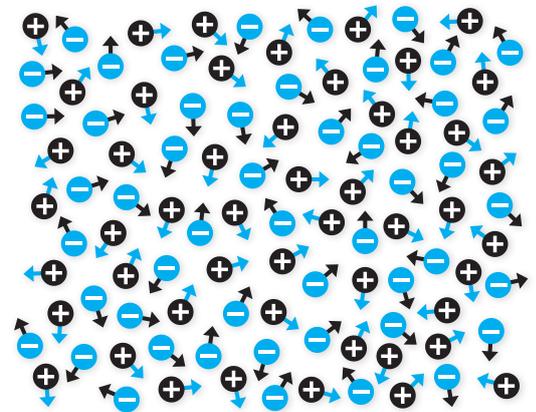
Electrolytes are naturally occurring essential minerals that control osmosis or movement of water within the body. Electrolytes also help maintain the acid-base balance required for normal cellular activities.

Common electrolytes include Potassium, Calcium, Sodium, Chloride and Magnesium. The body depends on electrolytes to perform vital functions by sending electrical signals from the brain to nerves that activate your muscles to perform mechanical functions. Maintaining this electrical capability and voltage output of cellular communication is dependent on electrolytes.

Most bodily functions require electrolytes, especially during neuromuscular processes. When the body loses fluid and electrolytes, both must be replaced for the body to rehydrate, retain fluid and return to efficient functioning before heat illness sets in.

Magnesium - The forgotten Electrolyte:

A common result of strenuous physical work or exercise is magnesium loss. According to research, a deficiency in magnesium may reduce physical performance and capacity as well as contribute to muscle cramps and weakness.



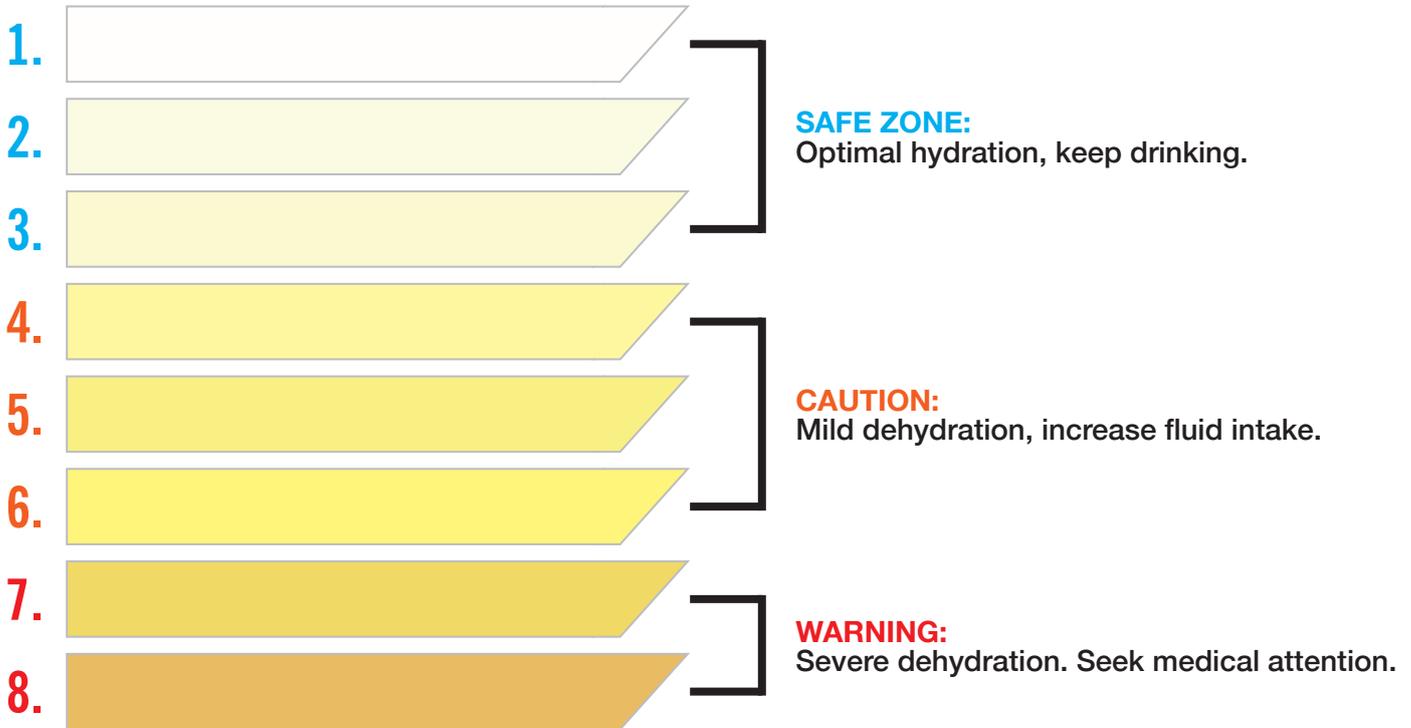
VITAMINS

The B vitamins are also important for a normal appetite, good vision, healthy skin and nervous system, and red blood cell formation. They function as coenzymes that help the body obtain energy from food and drink.

The body needs vitamin C, also known as ascorbic acid or ascorbate, to remain in proper working condition. Vitamin C benefits the body by holding cells together. Since our bodies cannot produce or store vitamin C, an adequate daily intake of this nutrient is essential for optimum health.¹²

HYDRATION GUIDE

The following chart is a guide that outlines when to hydrate based on the colour of your urine. If your urine matches the colours numbered 1, 2, or 3 you are hydrated, but keep drinking fluid. If your urine matches the colours numbered 4 through 8 you are dehydrated and need to drink far more fluid.



Disclaimer: This chart is designed to be a guide only. Consider seeking medical advice if urine colour falls within 7 - 8 range. Vitamin supplements, alcohol and certain diets may affect urine colour.

Fluid requirements vary remarkably between workers and the actual task at hand. Fluid losses are affected by:

- **Genetics:** Some people innately sweat more than others
- **Body size:** Larger people tend to sweat more than smaller people
- **Fitness:** Fitter people sweat earlier in exercise and in larger volumes
- **Environment:** Sweat losses are higher in hot, humid conditions
- **Work Intensity:** Sweat losses increase as work intensity increases
- **Lifestyle Factors:** Diet, alcohol consumption etc.

Each kilogram (kg) of weight lost is equivalent to approximately one litre (L) of fluid. During hot weather we should be drinking fluid constantly, even if we are not thirsty.

| BWL | %DEHYDRATION | FLUID DEFICIT |
|-------|--------------|---------------|
| 0.8kg | 1% | 0.8L |
| 1.6kg | 2% | 1.6L |
| 2.4kg | 3% | 2.4L |
| 3.2kg | 4% | 3.2L |

Dehydration is calculated as Percentage Body Weight Loss (BWL):

1%BWL = 1% Dehydration

The table shows Percentage Dehydration calculations based on an 80kg adult male.



99% SUGAR FREE POWDERS

AUSTRALIAN MADE



THORZT is a great tasting, scientifically proven mix of cutting edge branch chain amino acids, combined with magnesium and a formulated blend of electrolytes for optimum hydration in all conditions, and the new addition of B and C group vitamins.

Designed to maintain mind and body function at a cellular level, THORZT can boost your physical and mental potential, relieve muscle pain, cramps and spasms, reduce anxiety and sleep disturbance and improve the body's stress response.

- 99% sugar free
- Caffeine and gluten free
- Proprietary electrolyte formula inc. Magnesium
- Proprietary blend of B and C group vitamins, L-Glutamine and essential Branch Chain Amino Acids (BCAA's)
- Hypotonic
- Available in 5 delicious flavours:
 - Blue Lemonade
 - Lemon Lime
 - Orange
 - Tropical
 - Wild Berry
- 3g solo shot sachet makes 600ml
- Add 1 sachet with ice and water to our drink bottles for the perfect mix
- Ctn Qty: 10 x packs of 50 3g/600ml sachets
50 x 3g/600ml sachets per pack



MIX

MIXED PACK

CODE: SSSF MIX
10 OF EACH FLAVOUR

WB

WILD BERRY

CODE: SSSF WB

TR

TROPICAL

CODE: SSSF TR

BL

BLUE LEMONADE
CODE: SSSF BL

LL

LEMON LIME

CODE: SSSF LL

OR

ORANGE

CODE: SSSF OR

CHOOSING THE RIGHT ELECTROLYTE DRINK

| |  HYPOTONIC | ISOTONIC | HYPERTONIC |
|---------------------------|--|-----------------------|----------------------------|
| % CARBOHYDRATES | Less than 4% | 4 - 8% | Greater than 8% |
| OSMOTIC PRESSURE | Lower than bodily fluids | Same as bodily fluids | Greater than bodily fluids |
| RATE OF ABSORPTION | Faster than water | Same as water | Slower than water |
| BEST USED FOR | Rapid rehydration | Rehydration / Energy | Energy |

DRINK BOTTLE COMBO PACK

CODE: DBSSSF

5 x 99% Sugar Free Solo Shot Sachets and an 800ml THORZT drink bottle

- 1 of each flavour:
 - Blue Lemonade
 - Lemon Lime
 - Orange
 - Tropical
 - Wild Berry
- Great for sporting, personal and industrial use
- Side window to monitor drink levels
- Easy to grip body
- Wide access for easy insertion of ice cubes
- Add 1 sachet with ice and water to our drink bottles for the perfect mix and thirst quenching satisfaction



99% SUGAR FREE NATURALS RANGE

CODE: SSSFNAT

- Limited Edition, not available in all stores
- Ctn Qty: 10 x packs of 25 3g/600ml sachets
25 x 3g/600ml sachets per pack





LOW GI POWDERS



- Low in Sugar
- Gluten and caffeine free
- Proprietary electrolyte formula inc. Magnesium
- Proprietary blend of B and C group vitamins, L-Glutamine and essential Branch Chain Amino Acids (BCAA's)
- Hypotonic
- 3 flavour mixed pack only:
 - Lemon Lime
 - Orange
 - Wild Berry
- 26g solo shot sachet makes 600ml
- Add 1 sachet with ice and water to our drink bottles for the perfect mix
- Ctn Qty: 10 x packs of 6 26g/600ml sachets
6 x 26g/600ml sachets per pack



MIX
MIXED PACK
CODE: SSMIX6
2 OF EACH FLAVOUR

LIQUID PUMP DISPENSER

CODE: LPD

The THORZT Liquid Pump Dispenser is designed specifically to work with the THORZT Liquid Concentrate bottles to make the optimum mix in our bottles and coolers.

- Up to 1 pump per 250ml of water





LOW GI CONCENTRATES



- Low in Sugar
- Gluten and caffeine free
- Proprietary electrolyte formula inc. Magnesium
- Proprietary blend of B and C group vitamins, L-Glutamine and essential Branch Chain Amino Acids (BCAA's)
- Hypotonic

- Available in 5 delicious flavours:
 - Ice Tea Peach
 - Lemon Lime
 - Orange
 - Pineapple Blast
 - Wild Berry
- 600ml bottle makes 10L, or up to 20L when mixed with ice in our 20L cooler
- Ctn Qty: 10 x 600ml bottles

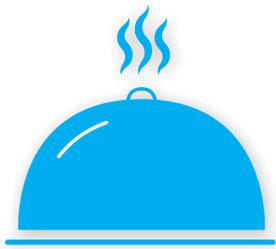


| | | | | |
|--------------|-----------------|---------------|--------------|--------------|
| WB | PB | ITP | LL | OR |
| WILD BERRY | PINEAPPLE BLAST | ICE TEA PEACH | LEMON LIME | ORANGE |
| CODE: LC10WB | CODE: LC10PB | CODE: LC10ITP | CODE: LC10LL | CODE: LC10OR |

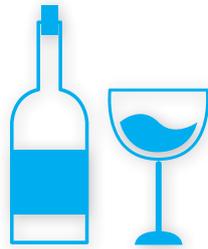


MIX
MIXED CARTON
CODE: LC10MIX
2 OF EACH FLAVOUR

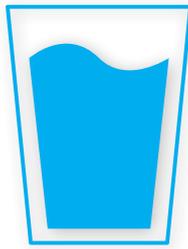
FUEL FOR THE BODY



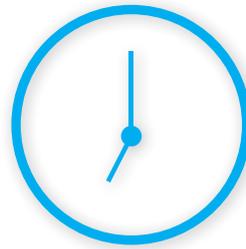
Did I eat dinner the night before?



Did I drink alcohol with dinner?



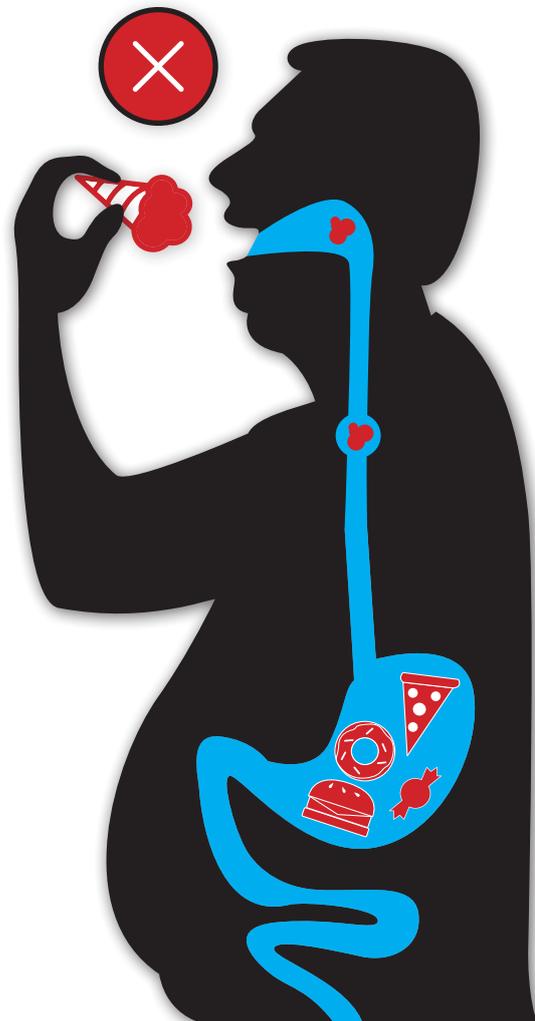
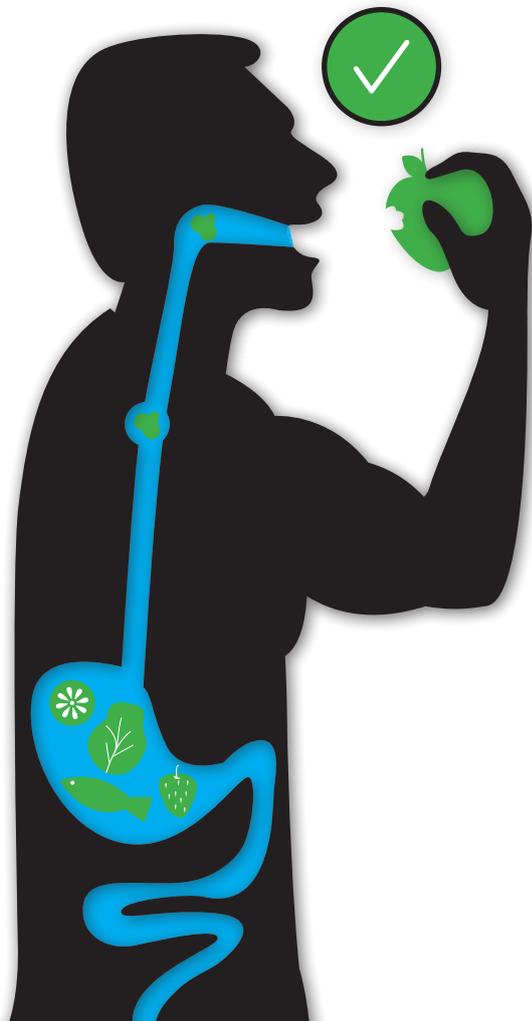
Did I drink water before bed?



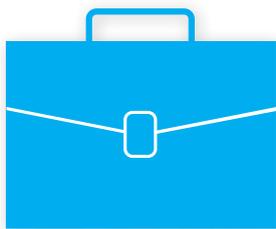
Did I get a good night sleep, over 7 hours?



Was it a constant or broken sleep?



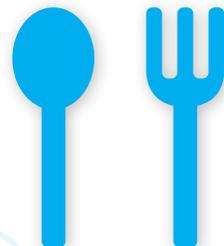
Did I drink water when I woke up?



Did I drink water on the way to work?



How much caffeine am I having?



What and when am I eating during the day?



How much fluid do I lose through sweating?

THE COOLING BENEFITS OF ICE

Initially trialled in 2003 with athletes¹ and studied prior to the 2008 Beijing Olympics,^{2,3} the ingestion of ice was shown to be a superior method of lowering core body temperature than fluids served at 4°C.

In addition to the cooling benefits, crushed ice ingestion also improved endurance performance in the heat.

The cooling benefits observed for elite athletes have been replicated in occupational settings. Firefighters wearing protective clothing while working in an extremely hot fire cell were able to lower their core body temperature more effectively when they consumed crushed ice during a rest break than the standard practice of resting in the shade with a cold drink.⁴



- Low in Sugar
- Caffeine and gluten free
- Proprietary electrolyte formula inc. Magnesium
- Proprietary blend of L-Glutamine and essential Branch Chain Amino Acids (BCAA's)
- Hypotonic
- 5 flavour mixed pack only:
 - Blue Lemonade
 - Lemon Lime
 - Orange
 - Tropical
 - Wild Berry
- When frozen, simply snap and twist the Icy Pole, breaking it in half
- Ctn Qty: 15 x packs of 10 90ml tubes
10 x 90ml tubes per pack



MIX
MIXED PACK
CODE: ICEMIX
2 OF EACH FLAVOUR



COOLERS AND DRINK BOTTLES

800ML DRINK BOTTLE

CODE: DB800

- Wide access for easy insertion of ice cubes
- Extra 200ml of space for ice or lighter mix taste
- Side window to monitor drink levels
- Easy to grip body
- BPA-free
- Simply add one THORZT Solo Shot sachet to the drink bottle for the perfect mix and thirst quenching experience



750ML STAINLESS STEEL DRINK BOTTLE

CODE: DB750SS-BK | DB750SS-BL | DB750SS-S

- Vacuum insulated double walls
- Made of food grade 18/8 stainless steel
- Eco-friendly
- Shockproof and shatter proof
- Rust and leak proof
- BPA-free non-toxic
- Keeps cold up to 24 hours
- Keeps hot up to 12 hours

CODE:
DB750SS-BKCODE:
DB750SS-BLCODE:
DB750SS-S

DRINK BOTTLE POUCH

CODE: BP

- Ideal for THORZT 800ml and 750ml drink bottles
- Riveted at stress points for maximum strength
- Double stitched for durability
- Retro-reflective strip for increased visibility
- Fits most belt sizes up to 70mm width



2.5L DRINK COOLER

CODE: DC025B

- Robust design with wide base for stability
- Superior insulation to maintain coolness
- Screw top lid to give wide access for ease of cleaning and filling with ice
- Easy pour spout
- Detachable drinking cup (400ml)
- Impact resistant exterior
- BPA-free



5L DRINK COOLER

CODE: DC05B | DC05O

- Superior insulation to maintain coolness
- Dual screw top lid to give wide access for ease of cleaning and filling with ice
- Easy pour spout
- Detachable drinking cup (400ml)
- Recessed push button tap to protect and reduce damage
- Impact resistant exterior
- Internal Volume Markings for accurate pour/measurement when mixing electrolytes
- BPA-free



CODE: DC05B



CODE: DC05O

5L DRINK COOLER - NO TAP

CODE: DC05B-NT

- Robust design with wide base for stability
- Superior insulation to maintain coolness
- Dual screw top lid to give wide access for ease of cleaning and filling with ice
- Easy pour spout
- Detachable drinking cup (400ml)
- Impact resistant exterior
- Internal Volume Markings for accurate pour/measurement when mixing electrolytes
- BPA-free



10L DRINK COOLER

CODE: DC10B

- Robust design with wide base for stability
- Superior insulation to maintain coolness
- Screw top lid to give wide access for ease of cleaning and filling with ice
- Screw tap for consistent flow and drip free shut off
- 10 litre capacity
- Impact resistant exterior
- BPA-free



20L DRINK COOLER

CODE: DC20

- Robust design with wide base for stability
- Superior insulation to maintain coolness
- Screw top lid to give wide access for ease of cleaning and filling with ice
- Screw tap for consistent flow and drip free shut off
- 20 litre capacity
- Impact resistant exterior
- BPA-free



55L DRINK COOLER

CODE: DC55B

- Robust design with wide base for stability
- Superior insulation to maintain coolness
- Screw top lid to give wide access for ease of cleaning and filling with ice
- Screw tap for consistent flow and drip free shut off
- 55 litre capacity
- Impact resistant exterior
- BPA-free



21L ICEBOX

CODE: IB21B

- Robust design with wide base for stability
- Superior insulation to maintain coolness
- Impact resistant exterior
- BPA-free
- Cooling Retention Capacity (% ice remaining after time lapse):
 - 6 Hours: 75%
 - 12 Hours: 51%
 - 24 Hours: 33%



THORZT ACCESSORIES

TAPS

CODE: DC05T

Fits models:
DC05B
DC05O



CODE: DC20T

Fits models:
DC10B
DC20
DC55B



CODE: CRT

Fits models:
DC20
DC40



LIDS

CODE: DC025L

Fits model:
DC025B



CODE: DC05L

Fits models:
DC05B
DC05O
DC05B-NT



CUPS

CODE: DC025C

Fits model:
DC025B



CODE: DC05C

Fits models:
DC05B
DC05O
DC05B-NT



THORZT COOLING APPAREL

Cooling apparel is designed to assist with Heat Stress prevention by promoting the body's thermoregulation. In warm or humid climates cooling is critical for many industries and has many benefits for worker performance. A cooler body improves the ability to sustain intensive workloads over long periods of time.

Cooler skin contributes to a number of physiological advantages:

- Less cardiac output is directed toward the skin
- A lower core body temperature
- Delay the onset of dehydration

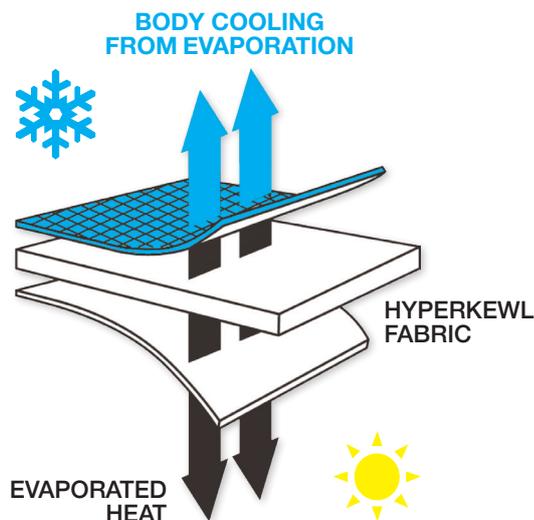
Battling heat stress in the workplace can be through prevention or treatment, and there is only one way to achieve them – by cooling down the body's core temperature. An effective way of preventing heat stress is by wearing THORZT cooling apparel. According to the research published on the International Journal of Occupational Safety, cooling apparel is highly effective in minimizing heat stress. On average, it reduces sweating by 13% and lowers heart rate by 10 bpm. This is proven through the usage of fire fighters.

HYPERKEWL EVAPORATIVE COOLING

HyperKewl Plus Evaporative Cooling material is a unique fabric that absorbs and slowly releases water through evaporation protecting the wearer against heat stress.

The Thorzt Hyperkewl Plus Evaporative Cooling vest utilises a unique polymer chemistry to achieve rapid absorption and stable water storage. The chemical formulation also creates enhanced evaporation and longevity. Users can expect the HyperKewl evaporative cooling fabric to provide temperatures that are 10-15°C cooler than the ambient temperature. The exact temperature difference will depend on humidity, exposure to airflow and other environmental conditions.

Please note: High humidity (90%+) will diminish the fabric's ability to evaporate water and therefore will not provide cooling without significant airflow such as on a motorcycle. Each garment comes with two hang tags and a care label that fully explains how best to use and care for the product.





HYPERKEWL EVAPORATIVE COOLING VEST

CODE: ECV

- Simple V-neck with zipper closure; works for a wide range of people and uses
- Can provide 5-10 hours of cooling relief per soaking
- Lightweight, easy to activate, and durable
- Comfortable quilted nylon outer with HyperKewl Plus fabric inner, water repellent nylon liner, and black poly-cotton trim
- Machine washable up to 60°C

POWERED BY

HYPERKEWL™ PLUS

| SIZE | CHEST | FRONT LENGTH |
|------|---------|--------------|
| XS | 79-84 | 51 |
| S | 86-91 | 52 |
| M | 94-99 | 53 |
| L | 102-107 | 54 |
| XL | 109-114 | 56 |
| 2XL | 117-122 | 60 |
| 3XL | 125-130 | 63 |

*cm's

*cm's



ACTIVATION

1. Simply submerge the vest in water for 1-2 minutes, allowing the HyperKewl fabric to absorb the water.
2. Gently squeeze out any excess water, wipe dry and the vest is ready to wear.

The vest will remain activated for 5-10 hours and can be re-hydrated by repeating these simple steps. The combination of specialised fabrics and fibres creates an advanced water management system.

 **SOAK** thoroughly
 **WRING** extra water
 **WIPE** dry



CHILLY VESTS

CODE: CV | CVO

INNER FABRIC

- MICRON KNIT – 100% Australian Merino Wool for Temperature and Odour Control

OUTER FABRIC

- COOLMESH - This 100% Australian made high performance sport fabric uses a Moisture Management system and Multi-Filament Technology for comfort and durability

COOLING CRYSTALS

- Non-Toxic High Performance Polyacrylate/ Polyalcohol Copolymer



Blue
CODE: CV



Hi-Vis Orange
CODE: CVO

SIZE CHEST

| | |
|-----|---------|
| S | 85-90 |
| M | 95-100 |
| L | 105-110 |
| XL | 115-120 |
| 2XL | 125-130 |
| 3XL | 135-140 |
| 4XL | 145-150 |

*cm's



ACTIVATION



SOAK
thoroughly



WRING
extra water



DRY
to activate

1. Vest comes in crystal form. Initially soak in water for 20-30 minutes so crystals in pockets swell into gel form (Pockets should be firm but not bursting).
2. When removing from water, grab top and bottom of vest and gently twist in opposite directions to remove excess water and hang to dry. Vest is now activated.

Vest must always be in activated (gel) state before being used. Once activated and dry, the vest can be placed in the refrigerator or freezer. The vest can also be placed inside the resealable bag/satchel it was purchased in and placed on ice or in an ice water/slurry.

The length of cooling time is subject to outside temperature and body heat considerations. As a guide, if soaked in an ice water/slurry for 5-10 minutes, the vest will stay cold for 30-60 minutes. If frozen for 2 hours or longer, it will stay cold for up to 2 hours. The longer the period the vest is left in the freezer, the longer it will stay cold. If the vest is stiff (frozen) when taken out of the freezer, apply a light mist of water from a water spray.

The vest weighs between 800 gms to 1.2kg when correctly activated, dependant on the size of the vest.

REACTIVATION

If the crystal/gel pockets start to dehydrate and become flat, soak for 10-15 minutes so that the gel pockets properly swell again. If pockets return to crystal state, simply repeat the initial soak.

CHILL TOWEL

CODE: CSB

- Promotes thermoregulation
- Reduces heat stress risks
- Comforts and cools the skin
- Looks as cool as it feels
- Machine washable

ACTIVATION

The THORZT Chill Towel stays cool for hours with no refrigeration or cold water needed - just:



WET
thoroughly



WRING
extra water



WAVE
to activate

It's made from PVA material which can retain moisture for periods far longer than conventional towels, and contains a special plant extract that (once activated) turns moisture cold regardless of it's initial temperature.



COOLING CAPS

CODE: CCB | CCRB

- Adjustable ties at the nape of the neck
- Ideal for wearing under a helmet, hard hat or alone
- When wet, stays cool while you are active
- Absorbent when dry, perfect for absorbing moisture and sweat
- Use for hours at a time, simply re-wet to reactivate
- Lightweight and durable
- Machine washable - cooling ability is not affected, reuse again and again

ACTIVATION



WET
thoroughly



WRING
extra water



SNAP
to activate



Black
CODE: CCB

Royal Blue
CODE: CCRB

COOLING TIES

CODE: CTB | CTRB

- Promotes thermoregulation
- Reduces heat stress risks
- Comforts and cools the skin
- Looks as cool as it feels

ACTIVATION

Submerge your Cooling Tie in cold water for 15-20 minutes then wrap it around the neck, head or wrist (ideally at a pulse point) to immediately feel the cooling effect. You can also place the tie in the fridge or freezer overnight, then store in your esky/cooler on site for use later in the work day.

Cooling ties can be re-used as needed throughout the day by re-submerging in cold water for several minutes. However, it should be stressed that whilst this will deliver a refreshing feel, the main benefits of the ties come from the prolonged evaporative cooling that occurs over long periods.



SOAK
thoroughly



WRAP
around neck,
head or wrist



WEAR
to cool down



Black
CODE: CTB



Royal Blue
CODE: CTRB

COOLING SCARF

CODE: CSHVO | CSHVY | CSK | CSRB

- Microfiber evaporative cooling
- UPF 50 chemical-free production
- Lightweight stretch fabric with non-chafing elastic ends for comfortable cooling that will stay put
- Multi-purpose: protects from sun, defends against dust and debris, and keeps you cool at the same time
- Machine washable - cooling ability is not affected, reuse again and again

ACTIVATION



WET
thoroughly



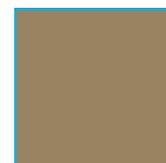
WRING
extra water



SNAP
to activate



Hi-Vis Yellow
CODE: CSHVY



Khaki
CODE: CSK



Royal Blue
CODE: CSRB

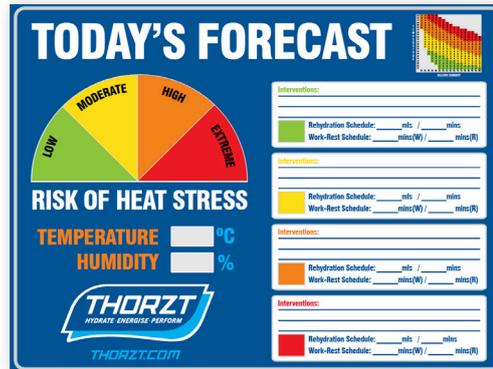


Hi-Vis Orange
CODE: CSHVO

HEAT STRESS SIGNS

CODE: THOHG | THOIHS

- Educational awareness
- Simple and can be displayed on site as a constant reminder to workers
- Size: 900mm x 600mm



CODE: THOIHS



CODE: THOHG

REFRACTOMETER USG PEN

CODE: PENUSG

- Digital refractometer for a more accurate Urine Specific Gravity (USG) reading
- Delivers a nearly instantaneous result of USG
- Automatically calibrates itself to water and is ready to use in seconds
- LCD display is easily read, even with dim light



While urine colour works well as a quick and easy guide, a far more accurate reading can be attained by using a Refractometer. The ATAGO Pen Refractometer (Model No. 3471) is designed to measure USG (Urine Specific Gravity), being a more effective and efficient way to assess hydration status.

Lighter coloured urine is more dilute (i.e. it has less molecules per volume), and has a specific gravity closer to that of water (1.00), indicating a good hydration status. Dark coloured urine results from having more molecules per volume (higher USG) and indicates dehydration.

POWER COOLER MISTING FAN

CODE: MF

The THORZT Power Cooler Misting Fan is a unique cooling system that creates a comfortable, cool environment both indoors and outdoors.

- Reduces temperatures by up to 15°C
- Cools up to 300m²
- Integrated easy fill 60L water tank
- Plays a vital role in heat illness prevention
- Robust design with wheels for mobility - one person move



THORZT HYDRATION BACKPACKS

Workers who drink when they are thirsty typically replace only half the fluid lost through sweat. Conversely, workers who engage in Program Drinking maintain optimal hydration levels and do not become dehydrated. Program Drinking involves drinking small amounts of fluid frequently.

Ensure you have access to fluid at regular intervals - the THORZT Hydration backpack keeps hydration on persons at all times.

3L HYDRATION BACKPACK

CODE: BP250 | BP25Y

- Stylish, slimline design
- 3 litre bladder
- Closed cell insulation keeps water cool for hours
- Velcro tabbed protective cover
- Fully adjustable straps with quick release buckle to reduce risk of snag injuries
- V-Form retro reflective strips for low light visibility
- High-Vis yellow and High-Vis orange colour options provide added safety



Hi-Vis Yellow
CODE: BP25Y



Hi-Vis Orange
CODE: BP250



MATERIALS

- Bladder: Thermoplastic Polyurethane (TPU), BPA-Free
- Backpack: 600D Polyester

2L HYDRATION BACKPACK

CODE: BP25B

- Stylish, slimline design
- 2 litre bladder
- Closed cell insulation keeps water cool for hours
- Velcro tabbed protective cover
- Fully adjustable straps with quick release buckle to reduce risk of snag injuries
- V-Form retro reflective strips for low light visibility
- 3 waterproof zip pockets



NEOPRENE INSULATED HYDRATION TUBE

CODE: BPRT

- 5.5mm diameter rapid liquid flow tube
- Quick release for easy cleaning
- Bite valve automatic flow/shut-off for hands free hydration
- Includes cover attachment to keep it clean and hygienic
- UV resistant



REPLACEMENT BLADDERS

CODE: BPB | BPB2

- Ethylene-Vinyl Acetate Copolymer (PVA), BPA-Free
- Large 55mm diameter filling port (accommodates addition of ice)
- Flexible, shock-proof
- Slide lock opening for hygienic cleaning
- BPB: 3L Bladder
- BPB2: 2L Bladder



6 WARNING SIGNS OF DEHYDRATION IN THE WORKPLACE

People who work in industrial workplaces are always at risk of dehydration. With constant exposure to high heat and with extensive physical exertion required for their jobs, they face the hazard of losing too much body fluid and electrolytes. If no treatment is provided, simple dehydration may then escalate into a more serious condition.

But how will you know that you are experiencing dehydration? When would you need to rehydrate and replenish your electrolytes? Does feeling thirsty mean you are dehydrated? Well, to answer all these questions, we have compiled 6 warning signs of dehydration that you should watch for:

1. Heavy Sweating

While sweating normally occurs, especially if you are engaged in a physically intensive job, sweating out a lot of fluid may be a sign that you are getting dehydrated and fast. If this happens, make sure to replenish by drinking water or better yet, an electrolyte-formulated drink.

2. Dark Urine

You should look both on the regularity of your urination and the colour of your urine. If you haven't gone to the bathroom for about 2 hours, this means you haven't drunk any water. Also, if your urine appears darker like apple juice, instead of being pale, you may be dehydrated. However, this is not always the case as vitamin food supplements, alcohol and certain diets may also affect your urine colour. You can check out our hydration guide for a clearer picture of urine colour assessment.

3. Dry Mouth and Skin

If your mouth feels dry and sticky, this means that you are not drinking enough fluids for the day. Similarly, if your skin seems to be dry and has lost some elasticity, it is a clear sign that you are losing a lot of fluid inside your body. Make sure to rehydrate regularly all throughout the day to avoid these symptoms.

4. Dizziness

If you are starting to feel woozy and lightheaded while doing your work, it could be the effects of a dropped blood pressure due to being dehydrated. Remember that your blood is made up mostly of water. Thus, if you lose a lot of water without replenishment, you may feel dizzy and at worst, you'll become confused.

5. Headache

When dehydrated and with a dropping blood pressure, your body will have a hard time pumping blood and oxygen to your brain. This will then result into a headache. If this happens, make sure to take a break from what you are doing and rehydrate. Do not force your body to continue working as long as the headache stays to avoid further complications.

6. Confusion and Loss of Focus

Your brain is made up of more than 70% water. Thus, if you are dehydrated, your brain cells and nerves may not function properly. Short loss of memory and poor mental concentration may occur which can then result to poor work performance. Loss of proper focus may also result to accidents in the workplace that can cause serious injuries.

There is only one, effective way to counteract the effects of dehydration and prevent further complications. That is by replenishing the lost fluid from your body including the electrolytes. So, if you noticed even a single one of the warning signs that we listed above, drink up a bottle of THORZT to quench your thirst and fight dehydration!



7 FACTORS OF A HEAT STRESS MANAGEMENT PLAN

There are numerous industries in which workers are required to work in hot conditions. Among the most common are mining, construction, and manufacturing. It is the job of safety professionals, managers and employer's working in these fields to outline a management plan that will protect their people from injuries or illnesses caused by heat stress. This will also help ensure the efficiency of operations which translates to maximum productivity.

However, a heat stress management plan should be comprehensive for it to be effective. It should cover all the factors that contribute to heat stress and the steps needed for prevention or treatment.

1. Education and Training

A comprehensive plan should be able to pinpoint an effective way to disseminate information about heat stress. Workers should be educated about the hazards of accumulating body heat due to working in a hot workplace, including the possible symptoms or signs to watch out for. There should also be trainings geared towards teaching the workers on what to do when heat stress strikes or on how to prevent it from occurring.

2. Workforce Monitoring

Heat stress management guidelines should also include the monitoring of every member of the workforce who might be exposed to high levels of heat. Managers or supervisors should be knowledgeable of the current state of their workers to know who are vulnerable. It is also important to know those who have medical conditions that can worsen due to heat stress.

3. Work Rate Monitoring

The bigger the workload a worker handles, the faster the accumulation of body heat. Thus, the rate of work performed by each member of the workforce should also be monitored. It is important to make sure that no one is overworking to avoid heat stress. Implementing scheduled resting periods will also be helpful.

4. Work Environment Monitoring

In addition to monitoring both the workforce and the work rate, it is also crucial to watch over the work environment. The level of heat and humidity should be kept on check so that adjustments on the workloads and resting periods can be made if necessary. Knowing the workplace environment can also help in creating a hydration policy for the workers.

5. Heat Acclimatisation and Physical Fitness

With permanent exposure and time, the human body has the ability to adapt to the high levels of heat in the workplace. This process is known as heat acclimatisation – which can be used by safety professionals or managers to enable workers to be resistant to hot and humid environments. Furthermore, being physically fit through regular physical activities that results in high sweat rates are proven to increase heat tolerance.

6. Body Cooling Strategies

The most effective way to avoid or treat high body heat is to cool it down. The strategies include wearing cooling vests, designating PPE-free areas, ingestion of crushed ice and proper hydration through electrolyte drinks.

7. Rest and Nutrition

Post-shift recovery is also important for workers who are always exposed to high levels of heat. Thus, they should be getting enough rest not only during the middle of the working hours but after each day of work. They should also eat the right food to recover their energy and their lost electrolytes.

At THORZT, we are passionate in helping businesses and organizations in managing heat stress in the workplace. We are continuously creating products and solutions that are geared towards improving work performance in hot and humid working environments. Do get in touch with us to know how our company can work with your organisation in achieving a common goal.



INDUSTRIAL ATHLETE PROGRAM

An Olympic athlete has described how being an industrial worker is highly demanding, physically challenging and in many ways similar to training for the Olympics. Having come agonisingly close to a Silver Medal for sprint kayaking at the 2004 Athens Olympics, David Rhodes, THORZT's business development manager, described the Olympics as a job like any other.

"It's our workplace, on the water. I dedicated six years of training for a shot at 189 seconds of racing," Rhodes said. "When you are giving up that much of your life for something, you want to do everything you can to perform at your best. That means putting the right fuel in your body," he added.

With a normal morning of training consisting of around two hours of paddling, Rhodes said he would lose anywhere between one to four litres of fluid and electrolytes.

"That's a similar amount that an industrial athlete will lose performing manual labour in a hot working environment. If you measured how tired you were after a shift or at the end of a swing compared with the beginning you'd be amazed at the results. It's exhausting and physically demanding work. If you don't adequately replace fluids and electrolytes you'll soon find out how that affects your performance and recovery. You'll struggle to back up that afternoon or the next day," he said, adding that diet and alcohol consumption are also a critical part of the picture.

It was this experience and knowledge that saw Rhodes called upon by fellow elite athletes Tim Bird, Brad Rodgers and Owen Hughes (also an Olympian) from Paramount Safety to help develop a hydration and health offering for the industrial athlete. Education and pre-emptively tackling dehydration and heat stress have become a large part of their solution.

"50% of the industry come to work in a mildly dehydrated state. Yet it doesn't need to be that way," Rhodes said. "Humans only realise things aren't working when we are sick or fatigued and only then do we think 'how can we make it better?'. It's about the right fuel for the body at the right time. It's not just water. It's all your electrolytes, your magnesium, branch chain amino acids (BCAAs), and B and C group vitamins – all the minerals that keep the body fuelled.

"Diet is also critical. Before, after and during training we need the right fuel. You've got a 10 minute window straight after to get the electrolytes and then a 60 minute window to get the right food. Good clean food."

Speaking of alcohol, Rhodes said he avoided it altogether when he was training because of the negative impact it had on his performance.

"When you haven't got the right balance you are tired, you're sluggish, you're fatigued."

Rhodes added that electrolytes are not a silver bullet.

"Our bodies are made up of over 60% water so water is the most important source of hydration. However when we lose more fluid than we replace and don't eat at the right times, electrolytes do have a major role to play with keeping us hydrated. It's about knowledge and training. About understanding how they fit within a greater hydration and heat stress management plan."

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 program and disciplined hydration naturally becomes inherent in the workplace culture.

To assist with educating staff about the importance of hydrating in the workplace, THORZT have developed the Industrial Athlete Program, it aims to achieve the following outcomes:

- Alert workers to the dangers of under hydrating
- Audit current hydration practices in the workplace
- Identify hydration challenges unique to each workplace
- Present practical methods of integrating programmed drinking into the daily routine

If your workplace is interested in the Industrial Athlete Program, please contact:

Australia: **1800 846 798**, New Zealand: **0800 846 798** or go to www.THORZT.com to register your interest.

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The THORZT Story is testimony to finding a solution to a personal requirement...

the need for an electrolyte formula that meets the hydration requirements of heat stressed workers. Four athletes who understand the requirements of a hard working body have contributed their unique set of skills, experience and passion by going a long way to finding the solutions to Dehydration in the Workplace.

You may not reach the heights of the athletes responsible for **THORZT**, but you may be amazed at your improved performance, recovery and feeling of well-being by hydrating with **THORZT**, a formula scientifically designed for Australian conditions.

It's probably not known by many, that Tim Bird Managing Director of Paramount Safety (manufacturers of **THORZT**) is also an elite athlete, holding the record for the white water classic, The Avon Descent in WA since 1997 and also represented Australia at the 2001 World Championships in Flatwater Kayaking.

Hydration is a big part of any endurance training programme. Training with long-time friends and Paramount colleagues, ironman competitor and paddler Brad Rodgers and NZ International paddler Owen Hughes – Competed in the 1996 Atlanta Olympics and 5 World Championships.

The three athletes found they were not getting the hydration they required from the existing electrolyte drinks on the market. This has led them to collaborate and research an electrolyte formula designed for sustained hydration and muscle recovery. While gathering and studying existing market research in sports and related industries, what became apparent was workplace heat stress and hydration had become an issue amongst OHS/HSE professionals. Already being in the industry of manufacturing and distributing PPE to protect the outside of the body, the same criteria could be used to protect the inside of the body.

Sustained hydration, as experienced in sporting events, was being sought in the industrial workplace where dehydration was a factor that reduces work efficiency and safety.

If the three could develop an electrolytic formula that could meet their training requirements, it made sense that a customised formula could be developed to address heat stress and hydration in the workplace.

After an arduous process of researching and trialling, the team was able to come up with the optimum formula and **THORZT** was born. After scientific assessment by university physiologists, who complimented the low sugar content and the inclusion of essential amino acids. The brand was ready to hit the market.

Tim, Brad and Owen had hectic schedules running the day-to-day operations of Paramount Safety, they needed to find someone to tell workplaces Australia wide how **THORZT** could improve their Heat Stress Management and Hydration Solutions. Enter David Rhodes, an Olympian, (4th K2 1000m Athens) fellow paddling competitor, and long-time friend. David's firsthand knowledge of heat stress and dehydration in his workplace of paddling and his communication skills made him the ideal candidate to spread the **THORZT** message.

David advocates workplace hydration all over the world, sharing his heat stress and hydration experience as an Olympian and now as a Weekend Warrior.

"It's not all about drinking electrolytes, they aren't the silver bullet – it's more about getting back to the basics and where **THORZT** can play a role in your Heat Stress Management and Hydration Solution".

Through Tim's foresight, Brad's determination, Owen's ambition and David's voice, the THORZT brand is built on experiences.





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