BEAT THE HEAT

BEVERAGES

**SQWINCHER®**

2.5 Gallon Powder Pack
Electrolyte Drink Mix
- Each concentrate packet makes 2.5 gallons of drink
- Battle the effects of industrial heat stress and worker fatigue

1003016 (Cherry)
1003017 (Grape)
1003018 (Lemonade)
1003019 (Orange)
1003020 (Fruit Punch)
1003021 (Lemon Lime)

**SQWINCHER®**

3 oz Sqweeze Assorted Electrolyte Replacement Freeze Pops
- Frozen electrolyte replenishment is a great way to replenish the elements which are lost due to heat and exertion
- Package of 10 assorted pops

1009460

**ROCK RIVER™**

5 Gallon Insulated Cooler
- Keep work area refreshments cool, clean, and ready to drink

1017172

**DIXIE CONSUMER PRODUCTS**

Cone Shaped Cups
- Rolled rim paper cups
- Package of 200 cups

670039-131525 (4.0 oz)
670037-131525 (4.5 oz)

**FASTENAL®**

Purified Drinking Water
- A convenient and refreshing way to stay hydrated (non-flavored)
- (24) 16.9 oz plastic bottles per case

1016164

**COOLING PRODUCTS**

**ERGODYNE®**

CHILL-ITS Evaporative Cooling Bandana
- Quilted in four sections for an even distribution of hydration material
- Cooling crystals keep you cool from 24 to 72 hours at a time

1002915 (Red Western)
1002916 (Blue Western)
1003419 (Red/White/Blue Stars and Stripes)
1003418 (Blue Cotton)

**ERGODYNE®**

CHILL-ITS Dew Rag
- Hi Cool® moisture management performance fabric
- Comfortable to wear under hats, helmets or alone

1009976 (Red/White/Blue Stars and Stripes)
1009968 (Blue)
1009971 (Black/Orange Flames)
1009974 (Red Western)

**ERGODYNE®**

CHILL-ITS Terry Sweatband
- 100% absorbent cotton terrycloth, machine washable

1007704

**ERGODYNE®**

CHILL-ITS X-Large Evaporative Cooling Vest
- Soak in cold water and enjoy cooling relief and comfort
- Activated polymer-embedded fabric inside

1009996

**ERGODYNE®**

CHILL-ITS Terry

1010010

**ERGODYNE®**

CHILL-ITS Evaporative Cooling Towel
- Dampen this advanced PVA polymer material to create a material significantly cooler than ambient air
BEAT THE HEAT

Heat Illness Indicators

**Heat Stroke**
- Fatigue, confusion, collapse, unconsciousness
- **Response**: Seek medical attention immediately and cool the body down as quickly as possible.

**Heat Exhaustion**
- Fatigue, confusion, clammy skin, nausea, low blood pressure, rapid pulse, fainting
- **Response**: Stop exertion, move to a cooler place and drink plenty of fluids with electrolytes.

**Heat Cramps**
- Fatigue, confusion, painful muscle spasms in the arms, legs or abdominal areas
- **Response**: Stop exertion, move to a cooler place and drink plenty of fluids with electrolytes.

Heat Index

<table>
<thead>
<tr>
<th>Air Temp.</th>
<th>70°F</th>
<th>75°F</th>
<th>80°F</th>
<th>85°F</th>
<th>90°F</th>
<th>95°F</th>
<th>100°F</th>
<th>105°F</th>
<th>110°F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relative Humidity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0%</td>
<td>64°F</td>
<td>69°F</td>
<td>73°F</td>
<td>78°F</td>
<td>83°F</td>
<td>87°F</td>
<td>91°F</td>
<td>95°F</td>
<td>99°F</td>
</tr>
<tr>
<td>10%</td>
<td>65°F</td>
<td>70°F</td>
<td>75°F</td>
<td>80°F</td>
<td>85°F</td>
<td>90°F</td>
<td>95°F</td>
<td>100°F</td>
<td>105°F</td>
</tr>
<tr>
<td>20%</td>
<td>66°F</td>
<td>72°F</td>
<td>77°F</td>
<td>82°F</td>
<td>87°F</td>
<td>93°F</td>
<td>99°F</td>
<td>104°F</td>
<td>110°F</td>
</tr>
<tr>
<td>30%</td>
<td>67°F</td>
<td>73°F</td>
<td>78°F</td>
<td>84°F</td>
<td>90°F</td>
<td>96°F</td>
<td>102°F</td>
<td>108°F</td>
<td>114°F</td>
</tr>
<tr>
<td>40%</td>
<td>68°F</td>
<td>74°F</td>
<td>79°F</td>
<td>86°F</td>
<td>93°F</td>
<td>101°F</td>
<td>107°F</td>
<td>113°F</td>
<td>120°F</td>
</tr>
<tr>
<td>50%</td>
<td>69°F</td>
<td>75°F</td>
<td>81°F</td>
<td>88°F</td>
<td>96°F</td>
<td>107°F</td>
<td>116°F</td>
<td>123°F</td>
<td>131°F</td>
</tr>
<tr>
<td>60%</td>
<td>70°F</td>
<td>76°F</td>
<td>82°F</td>
<td>90°F</td>
<td>100°F</td>
<td>114°F</td>
<td>126°F</td>
<td>135°F</td>
<td>149°F</td>
</tr>
<tr>
<td>70%</td>
<td>70°F</td>
<td>77°F</td>
<td>85°F</td>
<td>93°F</td>
<td>106°F</td>
<td>124°F</td>
<td>144°F</td>
<td>154°F</td>
<td>175°F</td>
</tr>
<tr>
<td>80%</td>
<td>71°F</td>
<td>78°F</td>
<td>86°F</td>
<td>97°F</td>
<td>113°F</td>
<td>136°F</td>
<td>157°F</td>
<td>179°F</td>
<td>195°F</td>
</tr>
<tr>
<td>90%</td>
<td>71°F</td>
<td>79°F</td>
<td>88°F</td>
<td>102°F</td>
<td>122°F</td>
<td>150°F</td>
<td>170°F</td>
<td>190°F</td>
<td>210°F</td>
</tr>
<tr>
<td>100%</td>
<td>72°F</td>
<td>80°F</td>
<td>91°F</td>
<td>108°F</td>
<td>133°F</td>
<td>166°F</td>
<td>197°F</td>
<td>220°F</td>
<td>243°F</td>
</tr>
</tbody>
</table>

**Heat Index Values were devised for shady, light wind conditions. Exposure to full sun can increase values by up to 15°. Strong winds, particularly with hot, dry air can be extremely hazardous.**

Apparent Temperature Dangers Posed by Heat Stress

- **Heat Index 130°F or higher**: Heat stroke or sun stroke imminent.
- **Heat Index 105° - 129°F**: Sun stroke, heat cramps and heat exhaustion likely. Heat stroke possible with prolonged exposure and physical activity.
- **Heat Index 90° - 100°F**: Sun stroke, heat cramps and heat exhaustion are possible with prolonged exposure and physical activity.

How to use the Heat Index:
1.) Across top (Air temperature) locate today's predicted high temperature.
2.) Down left side (Relative Humidity) locate today's predicted humidity.
3.) Follow across and down to find “Apparent Temperature” or “What It Feels Like.”

FANS

**PROFITTER® 12” High Velocity Floor Fan**
- Aluminum Blades, 3 speed
- 120 Volt Direct Drive, 1/13 HP

**PROFITTER® 18” High Velocity Floor Fan**
- Aluminum Blades, 3 speed
- 120 Volt Direct Drive, 1/4 HP

**PROFITTER® 24” Commercial Oscillating Pedestal Fan**
- Aluminum Blades, 3 speed
- 120 Volt Direct Drive, 1/4 HP

**PROFITTER® 30” Commercial Air Circulator**
- Aluminum Blades, 2 speed, Equipped with Wheels
- 120 Volt Direct Drive, 2/5 HP

**PROFITTER® 20” Commercial Oscillating Pedestal Fan**
- Aluminum Blades, 3 speed
- 120 Volt Direct Drive, 1/4 HP

**CLEAN CHOICE® Carpet Blower**
- Designed to move large volumes of air, provides excellent air circulation
- Can either be used to dry wet carpets, floors and furniture, even the hard to reach places

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fastenal.com