

Regulatory Compliance

## A New ANSI Standard For Heat Stress Management Has Been Approved

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### **Mandate for worker access to sodium electrolytes.**

In the latest industrial hydration news, workers having adequate access to water during high heat conditions are no longer considered enough of an intervention for indoor and outdoor heat-related hazards.

As of February 2024, ANSI has updated their ANSI A10.50-2024 standard for Heat Stress Management. The update states that when employees are working in temps of 80 degrees Fahrenheit or higher for more than 2 hours, employees shall also have access to electrolyte replenishment beverages that are commercially available and provided to employees free of charge.

Caffeinated and high-sugar electrolyte replenishment beverages should be avoided as they can speed up the onset of dehydration. **Water by itself is no longer enough.**

Upon the announcement of the new ANSI standard by ASSP, Robyn Zlotkin, the CEO of SWORD Performance, expressed gratitude, stating, "We are thankful for the adoption of this vital heat stress management standard. Providing employees with appropriate electrolyte replenishment beverages in hot conditions can be life-saving! This is a topic we are deeply passionate about and have been advocating for in the field for years."

SWORD Performance, known for its commitment to all-natural hydration, can assist with this change. Highly effective, healthy electrolyte replenishment is all they do.

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