



# Workers Safety Includes HYDRATION

## Why measure hydration?



Avoid heat strain  
identify dehydration to *prevent incidents & down time*



Promote productivity  
by preventing dehydration induced *physical & mental fatigue*



Prevent injuries  
by avoiding *poor judgement & slowed reaction time*

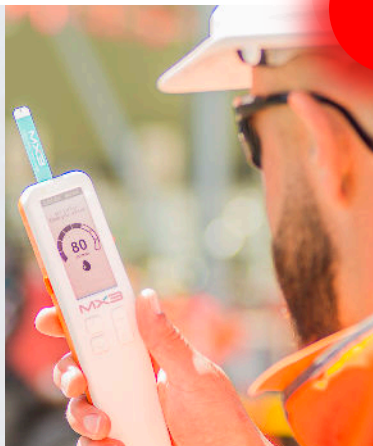


**FDA** FDA Registered  
**CE** CE Certified  
**FCC** FCC Compliant  
**RCM** RCM Certified

## Hydration results in seconds

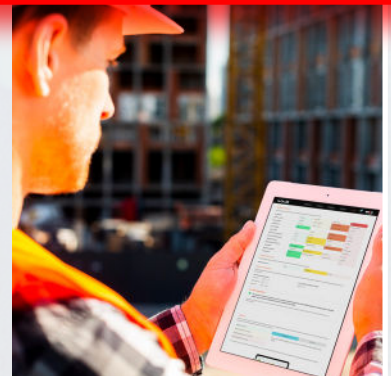
Take Saliva  
Measurement

1



Take Action:  
Rest / Hydrate

3



2

View Results  
Immediately



4

View Reports  
& Analytics





# Prevent Heat-related Injuries

Employers **MUST** monitor the health & safety of workers when work involves repeated or prolonged exposure to heat.

- Safe Work Australia Code of Practice -

## MX3



## Hydration Testing System

Each kit includes:

- MX3 LAB
- Test Strip Dispenser
- 120 Test Strips
- MX3 Software

### Simple hydration scale

hydrated	≤ 65 mOsm
mildly dehydrated	66 - 100 mOsm
moderately dehydrated	101 - 150 mOsm
severely dehydrated	≥ 151 mOsm

Hydration categories are not intended to be used as medical advice.

- low-cost disposable test strips  
\$0.68 per test, discount available for bulk order
- Portable, immediate results  
assess hydration anytime, anywhere
- Convenient & reliable

	Convenience	Non-invasiveness	Accuracy
MX3	★★★★★	★★★★★	★★★★★
Bodyweight	★★★	★★★★★	★★★★★
USG (first void)	★	★★	★★
USG (spot)	★★	★★	★
Urine Colour	★★★	★★	★

" We, as a company, can **act immediately to prevent** what could start out as an offside just needing a rest and a drink of water into a potentially **fatal situation or worse** "

- Topdrill



" Removing the hygiene risks and paperwork / data-entry requirements has really improved the frequency of testing and buy-in from team members. The excellent and quick support from MX3 has been fantastic! "

- BHP Geoscience