

# Cooler hydration for public sector workers

## A Watercoolers Europe fact sheet



Healthy hydration matters. Whilst water is of course not the only source of fluid in our diet, it is arguably one of the healthiest.



This fact sheet is one of a series produced by Watercoolers Europe (WE), a federation of associations representing those who provide water cooler services and offering a recognised quality and safety mark. By using an accredited supplier who is member of WE, or of a national association belonging to WE, you know you are choosing a reliable supplier. This fact sheet helps you choose the best cooler for your organisation's needs.

### The public sector can lead the way to good health

Providing hydration through water coolers is one of the best and most convenient ways of providing healthy, safe and hygienic hydration – and it's sustainable too. The law requires employers to provide a source of drinking water for employees and of course those working in or operating public sector organisations have both a duty of care and also a duty to lead by example. If your premises are open to the public (such as swimming pools, health centres, hospitals or gymnasias) water coolers can provide a valuable public service and lead the way in healthy hydration.

### Benefits of hydration

#### Healthy hydration helps mental well-being

- Helps speed our reflexes
- Improves concentration
- Helps prevent mood swings
- Aids work performance

#### Hydration helps improve physical performance

- Aids optimum physical performance
- Helps avoid accidents
- Helps prevent more minor ailments such as headaches, tiredness and constipation
- Helps prevent serious illnesses including heart disease, obesity and kidney stones

### Best practice guidelines

Water coolers can provide water safely, hygienically, cost-effectively and conveniently. Use an accredited association member, as they undergo rigorous, third

party annual safety inspections and must follow best practice guidelines.

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### Can you give guidance on the best way to provide safe hydration?

- Advise colleagues not to wait until they feel thirsty before taking a drink, as by then they are already dehydrated.
- Those who drive or operate machinery should make sure they hydrate before they start work.
- Encourage water breaks – especially in hot weather.
- Use an accredited water cooler supplier – a member of WE or a country association belonging to WE.

### Which type of cooler is best for my organisation?

Choosing a cooler is easy and your supplier will advise you. Here is a quick guide to making the right selection:

Bottled water coolers	Mains-fed (plumbed-in units)
<ul style="list-style-type: none"><li>• You can move the cooler where needed if necessary (but follow your supplier's instructions)</li></ul>	<ul style="list-style-type: none"><li>• Offers a continuous supply of chilled water</li></ul>
<ul style="list-style-type: none"><li>• You can choose a supplier to offer the kind of water you prefer</li></ul>	<ul style="list-style-type: none"><li>• You have no need to store bottles</li></ul>
<ul style="list-style-type: none"><li>• Requires suitable (cool, dry and dark) storage space for bottles</li></ul>	<ul style="list-style-type: none"><li>• No need for deliveries of water</li></ul>
<ul style="list-style-type: none"><li>• Staff will need to be able to lift the bottles onto the machine</li></ul>	<ul style="list-style-type: none"><li>• Fixed unit and not capable of being moved within your premises</li></ul>

For some premises, a mix of the two types is useful. Whichever type you choose, water coolers are a sustainable means of providing healthy hydration.

#### The sustainable choice

Bottled water coolers are highly sustainable: most bottles are collected, cleansed and reused many times over whilst main-fed coolers of course use water from the mains.

**More information** For details visit the WE website [www.watercoolerseurope.eu](http://www.watercoolerseurope.eu)

**For further information:**