saif
Work. Life. Oregon.

Stay hydrated

Signs that hydration may be an issue at your workplace:

Excessively warm temperatures

Water allowed only on breaks

Heavy or strenuous work

Heavy clothing, gear, or personal protective equipment

Lots of coffee or energy drinks

Variable shifts

Frequent headaches

Difficulty solving problems

For more information, including guides on other workplace health and safety topics, visit: saif.com/twh.

Healthy hydration is a win-win for employers and employees. Water keeps our joints and muscles lubricated, which helps prevent strains and sprains. Not drinking enough water contributes to "presenteeism" (being physically present but not mentally engaged), which can cause costly errors and workplace injuries.

Workplace strategies that support healthy hydration go beyond telling employees to drink more water. Here's what has worked well at other organizations:

Adjust the work environment.

Install air conditioning or other cooling systems for employees working in hot areas or consider adding a cooling room or portable fogger fans. Offer shaded areas for outdoor work.

Make cool, clean water available at every worksite, and encourage frequent water breaks.

Install fast-fill water stations in easily accessible locations. During meetings or events, provide water as an alternative to coffee or sugary beverages, which can contribute to dehydration. Consider removing coffee and energy drinks from vending machines.

Change work schedules, so employees work during cooler times of the day.

Rotate jobs to limit exposure to high temperature or strenuous work environments.

Educate workers and supervisors on the importance of hydration and signs of heat stress so they can self-monitor and respond as needed.

Offer cooling vests or neck wraps to help in hot environments. Have water bottles onsite so there is easy access for your employees. Branded water bottles are a great employee giveaway and can encourage healthy hydration.

Talk to your employees and ask them what solutions they have for staying hydrated. They work in the environment every day and may have good ideas.

S1014 | ©SAIF 03.26