

Hydration – The Importance of Water

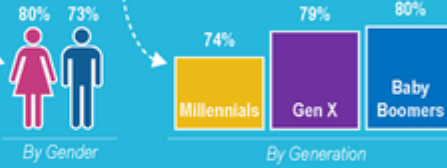
Picture This



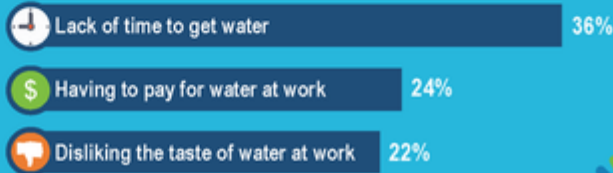
WHY IT PAYS TO KEEP EMPLOYEES HYDRATED



MORE THAN 3 IN 4 WORKERS don't drink enough water daily at work.



BARRIERS to proper **HYDRATION AT WORK** include:



Experts say even **MILD DEHYDRATION** can negatively impact us at work.



But, research¹ shows **DRINKING WATER** can improve our:



TIPS FOR EMPLOYERS



Review floor plans to ensure easy access to water sources.



Provide fresh, free, filtered, great-tasting water that doesn't run out.



Create engaging campaigns that encourage hydration, productivity, and health.

Source: Quench Survey of 1,000+ American Workers, Spring 2018
The Journal of Nutrition, Volume 142, Issue 2, 1 February 2012, Pages 282-288, <https://doi.org/10.3945/jn.111.142008>
quenchwater.com/employeehydration

Source: *Wpengine.netdna*