



# Supply of Drinking Water in Offices: a Simple Issue?

staying hydrated in the workplace

Did you know ...



## Dehydration can have a negative impact

on our performance, alertness and concentration



Some studies have shown the effects of dehydration on decision-making and cognitive performance, which could result in a decline in productivity and also could be associated with an increased risk of work-related accidents



Drinking enough water is essential for good health and is correlated with boosting the immune system, focus, productivity, and warding off energy-depleting dehydration

## Dehydration messes with productivity



**23%** IN A STUDY, SUBJECTS WERE PASSIVELY DEHYDRATED to 1, 2, 3 and 4% of their body weight with specific testing throughout the decline. The study concluded that visual-motor tracking, short-term memory, attention and arithmetic efficiency were all impaired at dehydration levels of 2% of body weight or more. In the extreme, the study also noted a 23% reduction in reaction time when subjects were 4% dehydrated.



**DRINKING WATER CAN INCREASE PRODUCTIVITY** by 14%. Encouraging employee water consumption with purified water can help keep an office healthy and working efficiently.



**FLITERED WATER HAS BECOME A MUST-HAVE** in modern life and can be found nearly everywhere. With a widespread preference for fresh, filtered water, employees justifiably expect quality drinking water.

Did you know ... Elkay® has products that provide fresh drinking water and they can be installed in any office space and workplace.

Sources:

Staying hydrated | <https://www.officeworkerhealth.com/blog/staying-hydrated>

Avoid dehydration in the workplace | <https://www.ishn.com/articles/88869-avoid-dehydration-in-the-workplace>

What are the best office water solutions? | <https://www.aramarkrefreshments.com/webstore/guides-tips/best-office-water-solutions/>