



WHA
Water Dispenser &
Hydration Association
QUALITY • TRUST • STANDARDS

Water Matters

Why Water Matters for hotels



“ Water coolers are safe, hygienic, cost-effective and convenient. ”

Why water matters

For hotels, it makes sense to promote healthy hydration for staff at both front and back of house, and offer guests the option of readily available water at key points. Whether it's keeping staff in the kitchen on top form or receptionists from wilting, or ensuring a welcoming feel for guests in your spa or other public areas, having a water cooler to hand is invaluable.

Scientists say that a loss of 1% of body mass due to dehydration can impair performance.

What are the dangers of dehydration?

According to research even a small fall in hydration levels can mean a drop in concentration which can lead to mistakes, headaches, irritability, lethargy, or just an overall lack of alertness. In the long-term it can create problems with the renal system and mental functioning as well as the cardio-vascular system. Dehydration can also cause skin irritations as a result of excessive sweating; heat cramps once the body's salt and moisture levels are depleted; heat exhaustion; or even heat stroke.

What's the best means of providing hydration?

Water is a good choice as it is calorie and caffeine free and good for teeth. Water coolers are safe, hygienic, cost-effective and convenient. Ensure that you have a cooler supplied by an accredited Water Dispenser & Hydration Association (WHA) member. Members of WHA are all subject to the WHA annual audit which is a rigorous safety inspection. Some water cooler providers can supply both 110 volt coolers and 240 volt coolers. All equipment is PAT tested prior to delivery, so you can be reassured of compliance. Some suppliers are able to install equipment at short notice.

What's best – a mains-fed or bottled water cooler?

Whether you choose a bottled water cooler or a mains-fed unit will depend on varying needs of each part of your hotel.

Bottled water coolers have the advantage that you can move them to convenient locations. For clients who demand a premium product, bottled water coolers are the obvious choice. You will need to make provision for storing the bottles and staff must be briefed on the safe, ergonomic and hygienic way to change the bottles when needed. Bottled water coolers are a good solution if you have no ready access to plumbing where you need the cooler – for example near a lift on the guest floors.

Mains-fed units need to be plumbed into the mains and although they cannot then be easily relocated, there is no issue with bottle storage. These are ideal for working areas such as the kitchen.

A mix of the two types may be useful and many WHA members can offer both options.

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Safety is paramount

For any employer or facilities manager, safety is paramount and this is especially true when you are catering for the needs of guests as well as colleagues.

It is important to ensure that you and your team always follow correct safety procedures and that you receive the correct advice and servicing plan. A WHA accredited member can ensure that this is the case.

Not all water coolers are equal

Whichever style of water cooler you choose, make sure of one thing. Choose a supplier that is a member of the Water Dispenser & Hydration Association. Known as the WHA, the Association is the leading trade body ensuring standards of safety and hygiene that are at the top of their class. WHA members must stick to strict Codes of Practice and good conduct and are rigorously audited every year. By dealing with a WHA member you know you are getting the best. Visit <https://twha.co.uk/find-a-member> to check who to do business with.

The sustainable choice

Bottled water coolers are highly sustainable: bottles are collected, cleansed and reused many times over whilst main-fed coolers of course use water from the mains. In addition, many WHA members follow the '5 for 5 Sustainability Pledge'. For details visit our website.

Further information

For more information visit www.twha.co.uk

Healthy Hydration Chart

There's one easy way to know if you are properly hydrated – check the colour of your urine against our 'pee chart'. Pale is good; dark urine means you could be in need of fluid. And if you find you are dehydrated, here's an easy way to rehydrate healthily: head straight to that water cooler... simple.

well hydrated

Your urine is an ideal, pale straw colour. Keep up the good work.

You're okay but you could do with a small glass of water now.

You may be a little dehydrated. Drink a couple of glasses of water now.

You need to drink about up to half litre of water right now.

Not good! You are dehydrated and may have a headache. Drink a litre of water.

poorly hydrated

Note: if your urine is even darker than this and or red/dark brown then dehydration may not be the problem. Seek medical advice.



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Disclaimer: the information given here is for guidance only. If in doubt about your health seek attention from a medical professional.