



Hydration in
the Workplace
Report 19/20



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Introduction

Waterlogic, a global provider of drinking dispensers, commissioned research into single-use plastic and hydration habits in the workplace.

At a time when the consumption of water and the impact of single-use plastic products are at the centre of the public's conversations, it is vital we recognise that small individual changes, supported by considered changes in the workplace can have a great impact on our environmental footprint and the wellbeing of our workforce.

This report examines the trends in workplace hydration across a number of countries. It explains how the use of water facilities in the workplace can affect the environment as well as the health, happiness and productivity of employees.

This report will provide an in-depth analysis of hydration in the workplace, including emerging trends and patterns in specific markets and industries. The report also observes ways to consume water more efficiently, reduce single-use plastic waste and promote healthier habits for a more productive workforce.

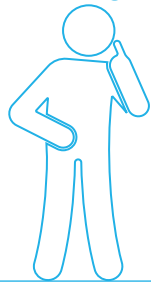
Waterlogic is an environmentally focused company and conducted this research to identify and address patterns in water usage. We hope this research prompts companies to consider their own environmental footprint around water consumption and the benefits of improved employee hydration.

Executive summary

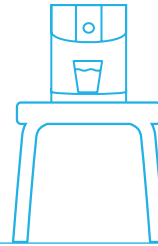
Waterlogic gathered feedback from 6,300 respondents and unearthed many interesting findings. The survey's respondents were split by country as follows:

- UK – 1,000 responses
- USA – 1,000 responses
- Germany – 1,000 responses
- Australia – 1,000 responses
- Canada – 300 responses
- France, Ireland, Netherlands, Norway, Spain, Sweden, Czech Republic and Hungary – 250 responses each

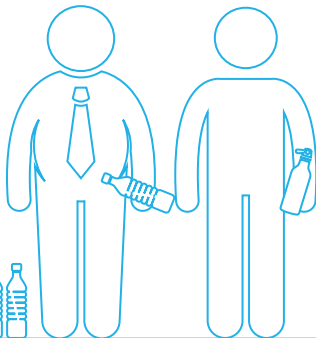
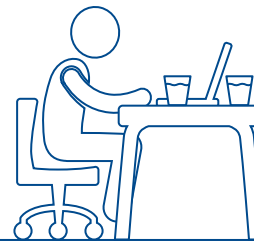
75%



of those that have access to a water dispenser said that water increases their productivity and concentration 'a lot'



On average, respondents would double their daily water intake at work if they had instant access to free, cold filtered water



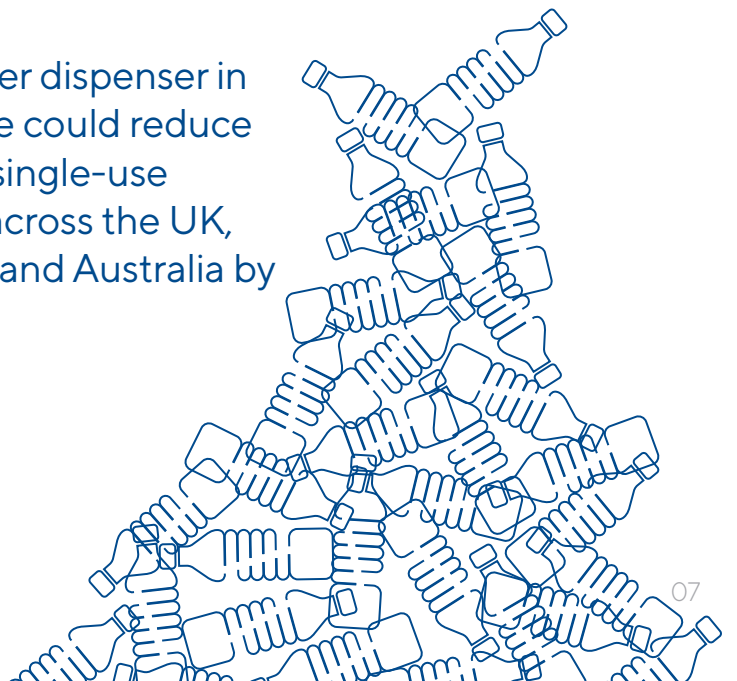
50%

of respondents see the reduction of single-use plastics in the workplace as a joint responsibility, with 72% of respondents feeling that their employer could do more

When there is no access to a water dispenser, 66% of people use single-use plastics

Access to a water dispenser in every workplace could reduce the number of single-use plastic bottles across the UK, USA, Germany and Australia by


29.2bn



Results: single-use plastics

Humankind's reliance on single-use plastics is one of the biggest talking points of recent years. Images of oceans littered with plastic bags and bottles proliferate in the media and many species are being pushed to the verge of extinction by plastic waste in their ecosystems.













60% 
of respondents have
access to a standard sink
tap – the highest of all
facilities asked about
within the survey.



Exploring the trends associated with the use of single-use plastics for drinking in the workplace, we look at what facilities are available to people at work, which of those facilities are best for reducing plastic waste, and where the perceived responsibility lies between employers and employees to reduce a company's environmental impact.

Respondents were asked which facilities they have access to during their working day and which of them they use.

Option	Availability	Usage
 Water cooler (with plastic refill bottles)	43%	36%
 Water fountain/bubbler	23%	15%
 Standard sink tap	60%	36%
 Single-use plastic bottled water	31%	22%
 Filter jug	11%	6%
 Vending machine (with hot or cold drinks)	38%	25%
 Water dispenser (mains-connected, filtered)	32%	25%
 Boiling tap (instant boiling and cold water, filtered)	21%	13%
 Kettle or urn	33%	19%
 Wall-mounted water boiler	8%	5%

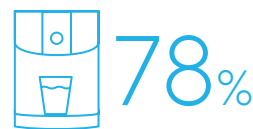
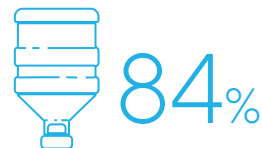


Single- use plastics: access and use

Understanding the facilities provided within workplaces allows us to better understand the current situation around single-use plastics.

But accessibility alone does not provide a full picture, as not everyone uses the facilities offered by their employer; usage is a crucial insight in determining the impact of single-use plastics within workplaces. For example, 60% of respondents have access to a standard sink tap – the highest of all facilities asked about within the survey. However, only 60% of those with access to a sink tap use it. In contrast, 71% of respondents with access to single-use plastic bottled water actually consume water this way.

Based on how much the facility is used by the people with access to it, the top three cold-water facilities are plastic refill bottle water coolers (84%), water dispensers (78%) and single-use plastic bottled water (71%). For businesses, plastic bottle water coolers can appear to be a convenient and cost-effective solution for offering water to staff. However, the refill bottles must be stored somewhere, be continually re-ordered and require careful handling so as not to cause accidents or injuries (from lifting new bottles into place).



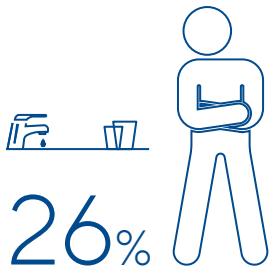
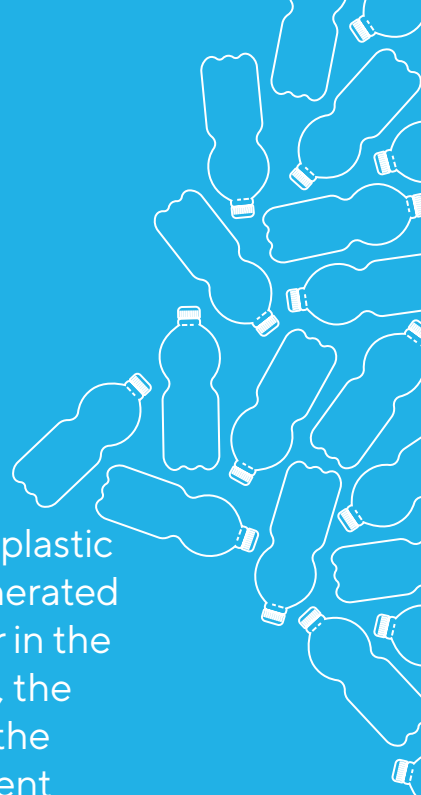
the top three cold-water facilities are plastic refill bottle water coolers (84%), water dispensers (78%) and single-use plastic bottled water (71%)

Seemingly, single-use plastic bottles can also offer a useful grab-and-go choice for workplaces

An option suitable for taking into meetings or carrying around. However, with 1.2mn tonnes of plastic waste generated every year in the UK alone, the effect on the environment is extreme.

With 72% of respondents stating that their employer could do more to reduce single-use plastic waste, the onus is on business leaders to reduce reliance on these products. Considering the issues with water coolers and single-use plastic bottles, water dispensers are not only a popular option but are more sustainable and convenient.

1.2mn tonnes of plastic waste generated every year in the UK alone, the effect on the environment is extreme



26% of those who could use a sink tap but choose not to, said that they don't trust where the water comes from

Reasons for lack of use

Those respondents who said they didn't use certain facilities available to them, were also asked why this was. 35% of respondents with access to a sink tap said that they don't use it because it has a bad taste, higher than for any other facility. In addition, 26% of those who could use a sink tap but choose not to, said that they don't trust where the water comes from. In contrast, only 11% of people with access to a water dispenser said that they don't trust the source. This suggests not only that the taste of filtered water is preferable to tap water, but also that it inspires more trust within employees.

However, for all water sources selected, the top reason for not using water facilities was that other options are closer to their location in the office. This demonstrates that proximity of water facilities has an impact on usage, irrespective of what the facility is.

Personal responsibility vs. company responsibility

Regardless of industry or country, 50% of respondents feel that employees and employers are jointly responsible for reducing single-use plastic bottles in the workplace with 59% of respondents stating that their employer could do more to reduce single-use plastic bottles at work.



Results show that 31% of companies provide single-use plastic bottles for their employees and 80% of this group believe that their employer could do more to reduce this figure. This demonstrates a correlation between an employee's opinion of a company and the availability and consumption of single-use plastic bottles. One way that this could be tackled is to provide instant access to mains-fed cold and hot filtered water – 44% of respondents said that this would help improve their opinion of the company they work for. This increases to 51% when considering only those employees with access to single-use plastic bottles.

The survey shows that 52% of employees are already taking on responsibility by using their own refillable bottles in the workplace. Considering that half of employees (50%) see plastic waste reduction as a joint responsibility, providing refillable bottles for staff is one way that employers can reduce their impact. In 2019, only 23% of companies provide refillable bottles in the workplace.



52%
of employees are already taking on responsibility by using their own refillable bottles in the workplace.

Sparkling water

Type of water should also be considered in the bid to reduce single-use plastic bottles. There is a healthy demand for sparkling water – for all respondents, sparkling is the only water type where the demand is higher (by 12%) than current provision.

Considering only those respondents with access to single-use plastic bottled water at work, 40% also have access to sparkling water and 42% would like to have access. This indicates that providing sparkling water through, for example, a water dispenser, could help to reduce reliance on single-use plastic bottles within certain workplaces. There is a particular demand for sparkling water in Sweden, where 62% of employees would like free access to it. Germany and Hungary are leading the way, with 57% and 52% respectively of staff saying that their workplace already provides sparkling water.



62%
of employees in Sweden
would like free access to
sparkling water



Summary

While 59% of respondents feel that their employer cares about reducing single-use plastic bottles at work, 72% believe that their employer could do more.

However, employees don't expect their employers to do the hard work alone. Half of respondents said it should be a joint responsibility. Collaborating with staff on a strategy to reduce plastic waste can help to ensure positive engagement and maximise the impact of any actions taken.

The results of this survey show that a bad smell or taste of tap water puts people off using this facility.

There is demand for filtered water within workplaces, meaning that if the only option provided is single-use bottled water, staff will choose this over tap water.



72% 

believe that their employer could do more

Installing a mains-fed water dispenser would be one way to significantly reduce plastic waste and increase access to high-quality water with minimal disruption to your workspace. They deliver a constant flow of purified and filtered water in a range of water options including sparkling water, to suit all needs.

A photograph of a man with a beard and short hair, wearing a light blue button-down shirt. He is holding a clear glass of water in his right hand and looking towards the camera with a slight smile. In the foreground, a clear plastic water bottle is visible on a surface. The background is slightly blurred, showing what appears to be an office or meeting environment with other people.

Results: staying hydrated

Our bodies are 55-60% water and we cannot survive without constantly maintaining these levels. The impact of dehydration on the human body is well documented and, in a business context, hydration has a powerful effect on employee health and productivity.

This section discusses the extent to which water increases productivity, the perceived responsibility for keeping employees hydrated at work, and what tips and techniques can be used to encourage staff to stay hydrated. We will also consider how the placement and availability of facilities impact the amount of water that employees drink.

Drinking habits

We know that water is essential for our health and wellbeing but staying hydrated may not always be front-of-mind in a busy work environment. The survey asked respondents to identify their drinking habits from a list of statements.

It is important to me to stay hydrated at work



I drink when I am thirsty



I don't think much about the amount of water I drink



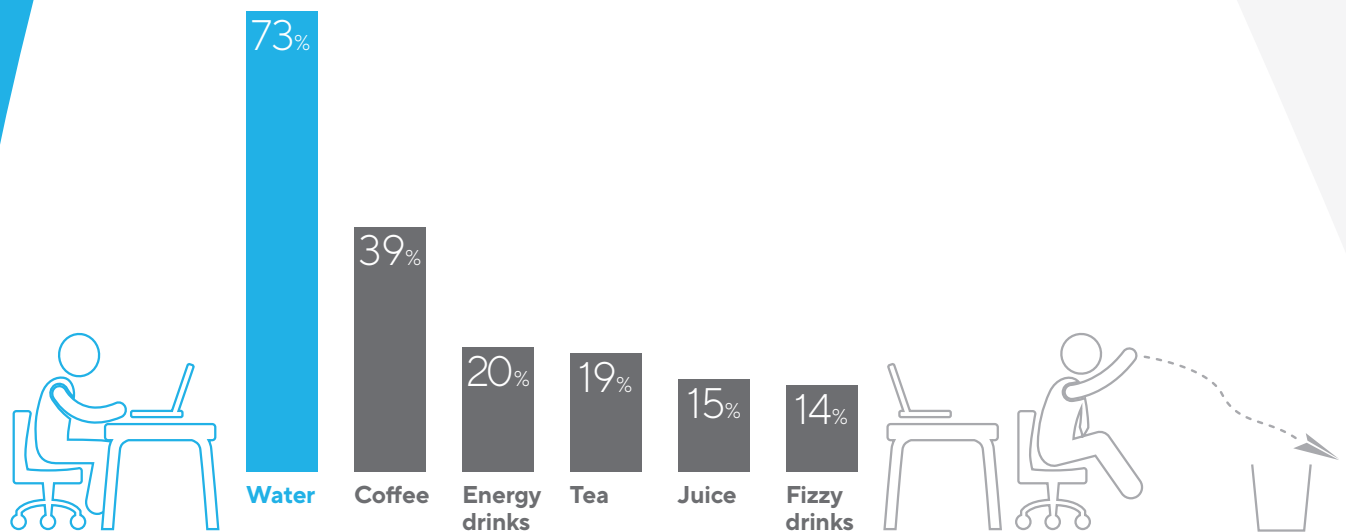
I only think about how much water I am drinking when I am hot or active



While 72% of respondents stated that it is important to keep themselves hydrated, over a quarter of employees acknowledged that they only drink when they are thirsty. This suggests that while hydration is essential, it's not always a priority.

Water and its impact on productivity

Which drinks did respondents feel improved their concentration and productivity 'a lot'?



Water is the most popular drink for aiding concentration and productivity, with 73% stating that it improves their concentration and productivity 'a lot'. According to a 2014 study by Masento et al of the University of Reading,

“...severe dehydration has been shown to cause cognitive deficits such as short-term memory and visual perceptual abilities as well as mood disturbance, whereas water consumption can improve cognitive performance, particularly visual attention and mood.”

This is correlated with 96% of respondents stating that 'being hydrated positively impacts their concentration and productivity'.

Compared to water,
34% fewer people said
that coffee improves
their productivity and
concentration to the
same extent.

Coffee – which came in at the highest response after water – has been shown to improve memory, cognitive function and dopamine release, while reducing inflammation and the risk of diabetes, and eliminating cell-damaging free radicals.

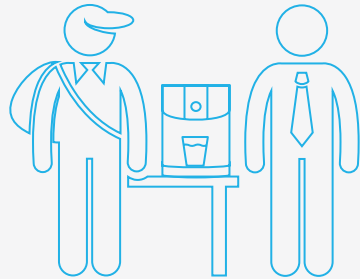


On average, people drink
1.5 times more water than
tea and coffee every day in
the workplace.

With 55% of people stating that the main reason for not using certain water facilities was proximity, increasing the availability of water points can encourage water consumption alongside caffeinated drinks. Simply positioning the coffee machine next to a water dispenser might serve as a reminder to stay hydrated for those employees reaching for another espresso, especially as 96% of those surveyed felt that being hydrated positively influenced their concentration and productivity.

Alongside strategic placement of water dispensers, educating employees on the importance of hydration and the benefits to their wellbeing, health and concentration, will encourage usage of the facilities available.

Although more than half of the respondents felt that they alone should be responsible for staying hydrated, that doesn't mean that a company can (or should) abdicate responsibility.



A third of employees see hydration at work as a combined responsibility between themselves and their employer.

The survey asked respondents whether having free, instant access to filtered cold and hot dispensed water at work would positively affect them.

Free, instant access to cold and hot dispensed water...

...would increase my wellbeing

73%

...would increase my productivity

56%

...would improve my opinion about the company I work for

44%

...would make me happier

42%







...would make me more likely to stay at my job

20%

For businesses, the results highlight the importance of providing ample, quality water solutions. Increasing the productivity of more than half the workforce could have a notable impact on the bottom line and, with almost three-quarters stating that it would increase their wellbeing, they'll be healthier too.

Water consumption

The respondents were asked how many cups (250ml, 8.45fl.oz) of various drinks they drank during an average working day:

Water		4.61	(1,153ml, 39 fl.oz.)
Coffee		1.94	(485ml, 16.4 fl.oz.)
Tea		1.04	(260ml, 8.8 fl.oz.)
Fizzy drinks		0.98	(245ml, 8.3 fl.oz.)
Juice		0.83	(208ml, 7 fl.oz.)
Energy drink		0.51	(128ml, 4.3 fl.oz.)

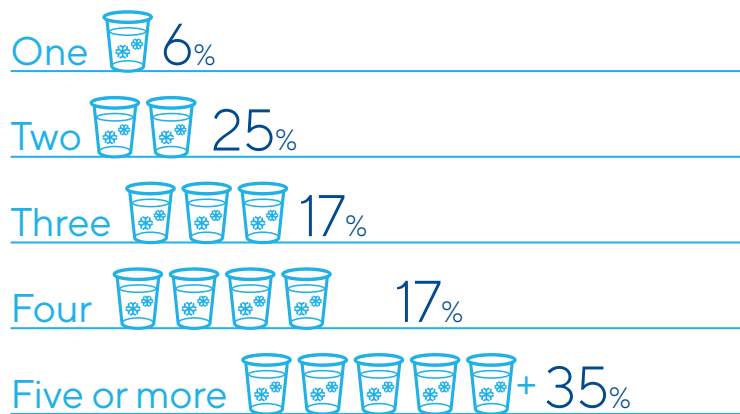
The results show that the most popular drink of choice is water, with respondents drinking 138% more water than coffee.

When asked about the facility used for water consumption, respondents that have access to filtered water drink more than those with access to a standard sink tap. For example, there is almost a 250ml cup difference between the amount of water drunk where standard sink taps are available, compared to where filter jugs are available. In fact, respondents with access to sink taps are the only cross-section that drink less than the average amount of water (4.42 cups compared to 4.61 cups). The results indicate that this is likely due to the taste being unfavourable among staff or that the location is inconvenient as highlighted previously.

The data indicates that filtered water is the best option for keeping employees hydrated. This is further supported by the 85% of respondents who said that free, instant access to filtered cold and hot dispensed water would make them drink more water at work.

As a follow-up question, the group were asked to estimate how many additional 250ml glasses of water they would drink per day if they had access to free, instant cold filtered water. The mean response was 4.5 glasses, which equates to an additional 1,138ml (38.5 fl. oz.) of water per day on average. This is almost double the average amount of water that respondents consumed (1,153ml compared to 2,291ml). The corresponding improvement in hydration – and, consequently, concentration and productivity – could offer a significant boost to businesses.

Number of additional 250ml glasses of water consumed if respondents had access to free, instant cold filtered water



Summary

Three-quarters of the respondents said that staying hydrated is important to them

Acting on this and improving access to water facilities could make a big difference to business. Not only do people see water as having a positive impact on their wellbeing (73%), it also makes them feel more productive, even more so than coffee.

Supporting and promoting healthy behaviours, such as staying hydrated, is a core part of the World Health Organization's 'Healthy workplace model' – which is a quality standard for workplaces across the globe. Other examples of wellness strategies include reimbursing wellbeing expenses and offering free fruit and healthy snacks. Incorporating hydration into an overarching HR wellbeing strategy is a simple way to meet the needs of staff and, as evidenced by the survey results, improves their opinions of the company in the process.

When considering water-dispensing solutions, think about placement. The data shows that employees would drink more water from a mains-fed dispenser from the source that is closest to them. So, if you are going to improve your water provision, ensuring it is accessible to everyone in the workspace will help to increase hydration and, as a result, wellbeing and productivity.



The data shows that employees would drink more water from a mains-fed dispenser from the source that is closest to them.



Country highlights

Key responses from UK, Germany, USA, Australia, Canada and Europe are highlighted in this section.

UK

Out of all the countries surveyed, people in the UK drink the least water – just 955ml compared to a global average of 1,153ml.

However, 93% of people said that water increases their productivity at work. This means that hydration should be a key concern for businesses as there is room to increase employees' water consumption by at least 21% (to bring the country average in line with the average for all countries) and up to 35% to match the Netherlands (the most hydrated nation according to the results).

85% of UK respondents said that they would drink more water at work if they had access to instant filtered cold water, equating to an extra 1,010ml of water a day, doubling the current average intake. 20% of people would also be more likely to stay at their UK job if their employer gave them access to instant hot and cold filtered water, with 74% reporting that it would improve their wellbeing and 62% saying it would increase their productivity.

70% feel that there is more that their employer could do to reduce single-use plastic bottle usage at work but 40% don't think that their employer cares about reducing plastic waste. People working in hospitals and care homes were the most likely to comment that their employer doesn't care about single-use plastic bottle waste (50%) and that they could be doing more to reduce it (77%).

49% of respondents still use single-use plastic bottles, but this number could drop to 15% if instant filtered water was supplied.

This could dramatically reduce the number of single-use plastic bottles being used across the UK by up to 2.9bn bottles every year.





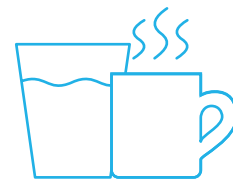
USA

In the USA, 18.9bn single-use plastic bottles could be saved every year if employees had access to free, cold filtered water at work.

Currently 76% still use single-use plastic bottles, but this number could drop to 30% if instant filtered water was supplied. While 40% of respondents said that they have access to a water fountain or bubbler (almost twice the global average), three-quarters of respondents said that their employer could do more to reduce single-use plastic bottle usage at work. With almost half also stating that their employer doesn't care about reducing single-use plastic bottle waste, companies could consider installing a mains-fed water dispenser as a positive first step in changing these perceptions.

Based on the survey, Americans drink an average of 1,190ml of water per day, which is in line with the global average (1,153ml). However, if their employer gave them free access to instant hot and cold filtered water US respondents estimate that they would drink an extra 1,100ml and almost a quarter would be more likely to stay at their job. 72% said it would improve their wellbeing and 62% said it would increase their productivity.

Respondents in Sweden and the Netherlands drink twice the amount of coffee per day than those in the USA (3.33 and 3.42 cups respectively compared to 1.44 cups). In terms of concentration and productivity, aspects often associated with drinking coffee, US respondents see water as having the biggest impact - 20% more than coffee.



Americans drink an average of 1,190ml per day. If their employer gave them free access to instant hot and cold filtered water US respondents estimate that they would drink an extra 1,100ml



Germany

After Spain, more people in Germany than in any other country said that coffee increases their concentration and productivity (87% compared to the average for all countries of 81%; Spain is 89%).

However, this is far below the impact that water makes, which 95% of respondents said boosts their productivity.

Still, more could be done in Germany. More than two-thirds of full-time workers said that if their employer gave them access to instant hot and cold filtered water, their wellbeing would be improved. They would also drink an extra 1,210ml of water per day, doubling the current average intake.

Reducing single-use plastic bottle waste at work is another area where companies in Germany could improve as 70% of those surveyed said that their employer could do more to reduce single-use plastic bottle usage at work.

Despite being a world leader in recycling, according to this study, 30% of employers are still providing single-use plastic cups instead of sustainable alternatives.



66%
of employees are also still using single-use plastic bottles, although this number could drop to 21% of people if instant filtered water was supplied – a reduction of 5.4bn bottles every year .



Australia

Australians also see single-use plastic usage as more of a joint responsibility between employer and employee than the global average.

More people in Australia than any other country said that their employer cares about reducing single-use plastic bottle waste at work (69% compared to a survey average of 59%). While this may seem positive, more than two-thirds said that their employer could do more to reduce single-use plastic bottle usage at work.

One way this could be achieved is to provide access to cold instant filtered water, for example through a mains-fed dispenser. If this were the case, 89% of workers who currently buy single-use plastic bottles would decrease their use of these unsustainable products. This could equate to a reduction of up to 2.1bn plastic bottles every year in Australia.

According to the survey results, Australian workplaces provide more mains-fed dispensers than those surveyed: 41% of respondents from the country said that they have access to one, 9% higher than the global average. They also have high rates of boiling taps and wall-mounted boilers too (14% and 10% higher than average, respectively). For those companies without mains-fed dispensers or that have only hot water dispensers, it's worth considering that a quarter of respondents said they would be more likely to stay at their job if their employer gave them access to instant hot and cold filtered water.

88% of employees in Australia said that they would drink more water at work if they had access to cold filtered water. This could change the average daily intake of water from 1,150ml to 2,198ml – a 91% increase. Considering that 76% of respondents said water increases their concentration and productivity, it is essential that cold filtered water facilities are readily available in the workplace.

This section offers some key statistics from other countries involved in the survey:



Respondents from the **Netherlands drink the most beverages** (average of 3,788ml per day) and those from **Canada drink the least** (1,993ml)



27% of respondents from **France use water facilities more than six times per day**, more than in any other country



A higher proportion of people from the **Czech Republic said "I drink when thirsty"** than for any other country (43% compared to 28% global average)



Refillable bottles are used most in Ireland (84%) and most of these are brought in by individuals (62%)



27% of respondents in **Canada said that access to free, instant cold filtered water would make them more likely to stay at their job** (compared to 20% average across all markets)

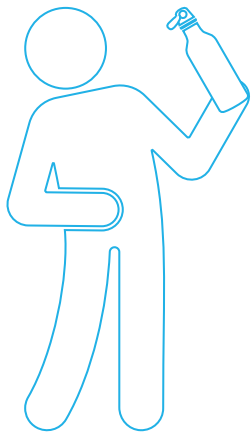


Only 39% of Czech respondents think that **their employer does enough to reduce the use of single-use plastic bottles.**



Spain vs Norway

These two countries represent the main issues that have been identified within workplaces: hydration and the use of plastics.



Refillable bottles are used most in Ireland (84%) and most of these are brought in by individuals (62%)

Across the survey, the average percentage of respondents whose companies provide single-use plastic bottles is 30%. Norwegian respondents reported that only 17% of companies provided single-use plastic bottles, the lowest of all countries surveyed. Spain, however, reported that 46% of workplaces provide single-use plastic bottles. Interestingly, 83% of respondents from Spain said that it is important to stay hydrated at work, the highest percentage from any country, while the lowest percentage is Norway at 56%. The self-awareness around hydration in Spain is notable, but the correlation with single-use plastic bottles needs to be addressed.

Norway represents the opposite problem. There is little reliance on single-use plastic bottles, but limited awareness of the importance of hydration. Indeed, 36% of Norwegians said that they drink only when they are thirsty compared to the average for all countries at 28%.

Finding a balance between hydration and sustainability is essential for a productive and environmentally focused workforce.

Hungary

On average, 72% of respondents feel their employer could do more to reduce single-use plastic bottle waste.

Compared to other countries surveyed, Hungarians are the most demanding of their employers, with some 86% wanting a greater response. The data also shows that, on average, Hungarians drink more water than any other country – 1,335ml per day, 16% more than the average for all countries – and 80% of respondents have access to single-use plastic bottles at work.

While these numbers may seem extreme, 97% of respondents said that they would reduce their use of single-use plastic bottles if they had access to free, instant filtered cold water at work. A mains-fed water dispenser could therefore reduce the use of single-use plastic bottles within Hungarian workplaces and, as highlighted by the data, it could improve the happiness of 56% of the workforce (14% more than the average for all countries).

Netherlands

Compared to other nations, a higher percentage of respondents in the Netherlands see hydration as the responsibility of the employer:

32% compared to 11% average and it is the best hydrated nation in the survey. The Dutch drink an average of 3,788ml per day, more than twice the average for all countries combined.

32% of Dutch respondents also claim that their employer provides refillable bottles – the second highest of all nations and 48% provide compostable cups. While these are progressive and environmentally-friendly solutions, 69% of companies are still providing single-use plastic cups – more than any other country and 18% more than the average for all countries combined. This highlights a divide: plastics versus plastic-saving solutions. Because the Netherlands drink more than other nations, they must also do more to reduce the demand for single-use plastics. One way is to install mains-fed water dispensers – only 22% said they would use single-use plastic cups if they had access to one.

Conclusion

The research has uncovered compelling information about hydration in the workplace and the continued reliance upon single-use plastics.

The data suggests that, in general, employees are aware of the need to reduce their 'plastic footprint', and there is an expectation that employers should take the lead. 50% of respondents see single-use plastic waste reduction as a joint responsibility between employee and the company they work for. However, 72% said that their employer could do more to reduce plastic waste. Indeed, of the three most-used water facilities, mains-fed water dispensers (which can serve instant cold, hot and sparkling filtered water) are the most environmentally friendly.

One notable statistic is the amount of plastic waste that could be saved through providing free, chilled and filtered water in the workplace. Access to a mains-fed water dispenser in every workplace could reduce the number of single-use plastic bottles across the UK, USA, Germany and Australia by 29.2bn each year. Installing one or more water dispensers in the workplace is a cost-effective way of helping the environment while increasing the wellbeing and productivity of workforces.



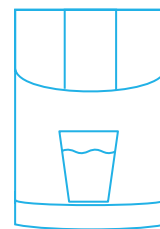
Companies could also reduce their current single-use plastics usage by providing staff with refillable bottles. While 52% of staff bring their own into work, only 30% of businesses provide them. Company-provided refillable bottles highlight the employer's dedication to both sustainability and hydration.

In general, employees were happy to take responsibility for their own hydration, but more than 40% of respondents still felt their employer had a part to play. Even though employees are happy to hydrate themselves, offering them the means to do so in a convenient and environmentally-friendly way improves morale. With 96% of respondents stating that hydration improves their concentration and productivity, there's plenty for companies to gain as well.

While three-quarters of employees said that it is important to stay hydrated at work, almost a quarter said that they only drink when they are thirsty. A simple way for employers to improve this situation is to provide free, instant filtered water solutions. The survey shows that this could double individuals' water intake at work as well as making them happier (42%) and potentially increasing staff retention (20%).

Waterlogic's water dispensers offer an outstanding solution in terms of cost, sustainability and employee wellbeing. So, if you're looking to help the environment, increase your commitment to corporate social responsibility and work towards a happier, healthier, more environmentally-conscious workforce, consider making the switch today.

Learn more at <https://www.waterlogic.com/product-services/point-of-use/>



Access to a mains-fed water dispenser in every workplace could reduce the number of single-use plastic bottles across the UK, USA, Germany and Australia by

29.2bn each year.



Appendix

Survey methodology

In collating the information contained within this report, Waterlogic gathered feedback from 6,300 respondents working in five different sectors: office, factory/warehouse, hospitality/restaurant, school/college/university, and hospital/care home.

Respondents were split by country as follows: 1,000 from the UK, 1,000 from Germany, 1,000 from Australia, 1,000 from the USA, 300 from Canada, and 2,000 from 'the rest of Europe', incorporating France, Ireland, Netherlands, Norway, Spain, Sweden, Czech Republic and Hungary. The survey was emailed to respondents from relevant consumer panels.

Demographics

Age	% of respondents
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18-24	10%
25-34	29%
35-44	30%
45-54	21%
55-65	10%

Gender	% of respondents
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Male	53.5%
Female	46.5%

Industry	% of respondents
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Office	24.2%
Factory/warehouse	22.1%
Hospitality	16.2%
Education	18.2%
Hospital/care home	19.3%

Country	% of respondents
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UK	15.9%
USA	15.9%
Germany	15.9%
Australia	15.9%
France	4%
Ireland	4%
Netherlands	4%
Norway	4%
Spain	4%
Sweden	4%
Czech Republic	4%
Hungary	4%
Canada	4.8%

Industries/settings

Highlights from industry sectors across the survey are detailed below:

Hospital/care home

- Fewer workers in this sector than any other felt that their employer cares about reducing the usage of single-use plastic bottles (54%, compared to an average of 59%)
- Hospital/care home workers have the highest rate of people stating that hydration has a positive impact on productivity (97%)

University/college/school

- Those working in educational establishments drink the lowest average amount overall: 2,138ml compared to the average amount of 2,478ml
- When asked if access to free, filtered water would increase the amount of water they drank, 87% of respondents in this sector answered 'yes' more frequently than any other sector, compared to an average of 85%

Office

- Office workers have the greatest access to mains-fed water dispensers: 36%, compared to the average of 32%
- Office workers are also less likely to use single-use plastic bottles. The combined figure of bottles provided by the company and those brought in by employees is 55%, compared to an average of 64%

Factory/warehouse

- A higher percentage of factory/warehouse workers felt plastic reduction was their employer's responsibility than those from any other sector: 21%, compared to an average of 16%
- Factory environments are more likely to use water coolers with plastic refill bottles: a figure of 48%, compared to the average of 43%

Hospitality

- Hospitality workers drink the most water compared to the other industries surveyed – almost 5 glasses. They also were more likely to say that access to free, filtered water would result in them drinking an additional 5+ cups of water per day (44% compared to an average of 35%)
- Those in the hospitality sector are most likely to use single-use plastic bottles. The combined figure of bottles provided by the company and those brought in by employees is 76%, compared to an average of 64%

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