

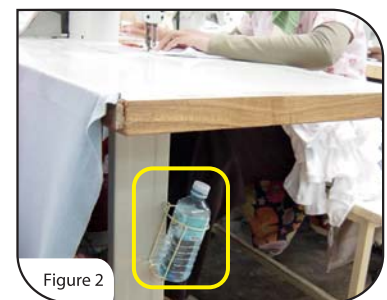
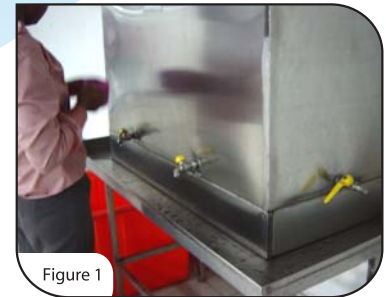
# Good Practices

## Provision of Pure Drinking Water

Drinking water is very important for all workers especially those in hot and humid climates like Cambodia. Heat causes dehydration which leads to fatigue, loss of concentration and loss of productivity.

### **Good practices for provision of hygienic drinking water**

- Workers must be provided with sufficient hygienic drinking water. It must be put in a covered container with a spout at the bottom and not exposed to the sunlight (Figure 1).
- Drinking water containers should be located close to the workstations, but not near sanitation facilities for hygienic reasons (Figure 1).
- Workers should be provided with a proper place to store her/his drinking cup/bottle. This ensures that drinking water doesn't spill on the work station (Figures 2&3).
- Anticipate water consumption increase according to number of hours worked, number of employees, and outside temperature.



### **Benefits:**

- ✓ Helps workers to recover energy during long hour working days and increases productivity
- ✓ Decrease in fatigue and work-related illnesses like fainting
- ✓ Improved health conditions of workers leads to a decrease in absenteeism

### **How:**

- ✓ Sign service contract with reputable drinking water companies
- ✓ Organize drinking water stations away from dust, sunshine, rubbish, and toilets
- ✓ Ensure that workers have equal access to drinking water usage with no undue restrictions
- ✓ Regularly clean water containers and replace old cup/bottles

### **Cost:**

\$

\$ Low cost

\$\$ Moderate cost

\$\$\$ High cost