

Designing effective hydration solutions to optimise workplace wellness

Hydration and workplace wellness

"Employees with good physical and mental wellbeing (87%) are nearly 2.5 times more likely to be happy at work than those with poor physical and mental health (38%)."

(Source: WPI Economics)



Hectic schedules, heavy workloads, and deadline pressure often cause people to neglect their hydration needs at work.



Mild dehydration (1–2% loss of body weight)

Fatigue, headaches, and blurred vision.



Moderate dehydration (over 2% loss of body weight)

Negative effects on mood concentration and alertness.

Integrating hydration systems into the workplace



Types of hydration systems

Bottled water dispensers, such as water coolers

Water purifiers (*bottleless dispensers*)

Plumbed-in dispensers

(also known as "point-of-use" water systems)



Space optimisation

Space-saving design helps conserve bench space

Multi-function systems eliminate the need for space-occupying water bottles



Capacity

Consider number of employees and daily water consumption

Ensure office has sufficient space based on system dimensions



Installation

Some systems have invasive installation requirements (e.g. shelf cut-outs and venting)



Features

Chilled, boiling and sparkling water

Touchless taps, temperature control, and BMS integration



Maintenance and filter replacement

Leading suppliers offer servicing plans to ensure seamless operation throughout the system's life

Hydration systems and sustainability



Companies that practice environmental sustainability have a higher chance of retaining employees.

(Source: Australian Catholic University)



Instant filtered hydration systems improve sustainability by:

- reducing consumption of bottled water products; and
- contributing to sustainable building ratings such as Green Star, the WELL Building Standard and LEED.



373 million plastic water bottles end up as waste every year.

(Source: University of Wollongong)



Billi, your partner in workplace wellness

Proudly Australian made and designed, Billi has been at the forefront of the instant filtered boiling, chilled and sparkling water systems industry for over 30 years.

One standout for modern workplaces is the Billi Quadra range. Quadra is Global GreenTag certified, which means the products pass the world's toughest standards for health, eco performance and safety and contribute credits to a wide range of sustainable building rating tools.

Billi Quadra uses Natural Gas refrigerant (R290), which has no ozone depletion potential (ODP) and a negligible direct global warming potential (GWP). R290 has a GWP of below five, according to the Department of Climate Change, Energy, the Environment and Water. In addition, R290 exhibits exceptional thermodynamic characteristics, enhancing heat transfer efficiency and expediting cooling processes. With outstanding heat transfer capabilities, R290-powered systems demand less energy for temperature control, thus diminishing energy usage and reducing utility expenses.

Benefits



Australian designed and made



Space-saving design



Safe to operate



Energy efficient



No cupboard ventilation required



Easy installation and retrofittable



Choice of finishes and dispenser designs



6 Stars WELS rating



Greentag certified



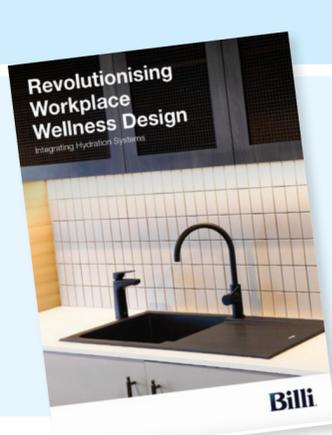
Water Quality Association (WQA)



Gold Seal certified



WELL certified



Revolutionising Workplace Wellness Design

Integrating Hydration Systems

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References

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