

Helping employees stay hydrated

You know the old adage – if you're thirsty, you're already dehydrated. While that's been proven to be a myth, being thirsty usually means that dehydration is not far away – which is why Kel Teems, Distribution operations leader, and Robin Khouri, production lead, at the Flagler Service Center in Palm Coast, Fla., came up with the idea for the hydration station.

Kel and Robin wanted to keep field technicians hydrated and safe, so they decided to get involved.

The hydration station is a small refrigerator stocked with bottles of water that workers can take with them before going out into the field.

Kel and Robin figured that if the water was complimentary, the technicians would not only increase their water intake, they would also drink less soda.

"Dehydration and working outside in the heat can be a dangerous combination," Kel said. "The safety of our employees is our highest priority, and this is an excellent way to make sure our crews get enough water to stay hydrated."

"I always see guys walking around with bottles of water in their hands now," Robin said. "The program has prompted me to drink more water myself and I feel better in general."

The program has grown to the Port Orange, Flagler Beach and Sanford Service Centers since it was launched a year and a half ago.

Robin said the program helps employees create a good habit that spreads to other areas of their lives. "The hydration station promotes a healthy lifestyle. We've seen employees drink more water at work and we hope they continue to make the switch at home."

The NextEra Health & Well-Being program works to improve and maintain the health and well-being of employees and their families. Visit [myportal/myhealth](https://myportal.myhealth.com) to learn more about resources available to employees at every location.