**What You Need to Know About Your Water Bottle!**

****You know it is important to stay hydrated while working on the farm so you carry your trusty water bottle with you everywhere. To the barn, greenhouse, and to the field. If you are using a steel or reusable plastic bottle, you are also choosing an environmentally friendly option. All is good until you take a sip and notice that the water doesn’t taste quite right.

Let’s explore what happens if your water bottle isn’t cleaned properly, the various types of reusable water bottles available, and how to select the right water bottle for your needs.

**The Risks of Using Water Bottles:**

Sharing your bottle comes with some risks especially during the COVID-19 Pandemic. There is the risk of getting COVID-19 but other illness like the common cold or flu, strep throat, possibly cold sores.

Choosing a bottle that you need to open with your hands near the spout is also cause for bacteria to be left on the bottle and around the spout and in the water.

**Cleaning the Water Bottle:**

* Clean the outside and inside of the bottle daily. Use hot, soapy water and rinse it well.
* Large water jugs used on the farm and in the field should be designed to prevent contamination, and should be cleaned and disinfected daily as well. Don’t forget to wash their spigots. When water bottles or glasses are refilled under the spigot and water overflows up into the spigot, the spigot then contains germs or bacteria from the water bottle or glass.

**Choosing a Water Bottle:**

* Consider the size of bottle you need. You may want to consider a larger bottle when working in the field or away from outbuildings to prevent having to refill it often or running out when refill isn’t possible.
* Think about the shape of the water bottle. A wide mouth bottle is easier to clean. If your water bottle has a small narrower mouth, you may need a bottlebrush to clean the inside.
* Choose a plastic container, with Bisphenol A (BPA)-free label. BPA is a chemical found in polycarbonate plastics and resins, that can leach into your water especially under warm conditions. There is potential this can cause health problems.
* Metal containers are an excellent choice. You’ll find a variety of bottles made from aluminum or stainless steel. Stainless steel is a better choice if you want your container to hold both hot and cold liquids, as it is a great insulator. One downfall for these containers is that they tend to be heavier than aluminum or plastic ones.
* Avoid bottles that you are required to use your hands to open them. Consider the bottles that have tops with straws will require a bit of extra work in cleaning the components where the straw rest and the straw itself.
* Consider the water you drink from the bottle is only as clean as the water bottle itself.

**Test Your Water Knowledge:**

1. It's a scientifically supported rule that everyone should drink eight glasses of water a day. True!
2. When you work in hot & humid conditions, you need to drink plenty of water and drink it frequently to help prevent heat illness. True!
3. Reusing a single-use water bottle for over a period of time can possibly expose you to leached chemicals used in the manufacture of plastic such as BPA. True!

**Protect Your Eyes from the Sun! – DISCUSSION RECORD**

**Agenda:**

* How is water made available at the farm?
* What is the source of water? How do you ensure it is a clean source of water?
* What type of water bottle do you use? Do you need to change the bottle after today’s lesson?
* How often do you clean your water bottle?
* Discuss how much water should be consumed while working? If conditions change, so should your consumption?

Comments or safety concerns as a result of the discussion or observed since the last rally?

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Follow-up to concerns raised at previous rally?  
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Action Items?  
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Near Miss/Incidents/Unsafe Acts/Conditions to Report?

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Topics recommended for future Rallies: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Thank the rally members for their participation.**

**Quiz Answers:** 1. T, 2. T, 3. T, 4.T, 5. T

**TEST YOUR KNOWLEDGE**

1. Choosing a bottle that you need to open with your hands near the spout is also cause for bacteria to be left on the bottle and around the spout and in the water. True or False
2. A wide mouth bottle is easier to clean.

True or False

1. BPA is a chemical found in polycarbonate plastics and resins, that can leach into your water especially under warm conditions.

True or False

1. Stainless steel is a better choice if you want your container to hold both hot and cold liquids, as it is a great insulator. True or False
2. When water bottles or glasses are refilled under the spigot and water overflows up into the spigot, the spigot then contains germs or bacteria from the water bottle or glass.

True or False

**Attendance RECORD**

\*This is to acknowledge that I understand and agree to actively participate in the safety meeting.

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