

# Stay Hydrated

Beat the heat inside the kitchen. Excessive heat in some food preparation areas may dehydrate workers and present a medical risk. Food employees may drink from a closed beverage container that is handled to prevent contamination of hands, container, exposed food and food equipment.

## Preferred Types of Closed, Hygienic Containers:



Sliding lid  
always remains  
in an open  
position



Lid & straw



Lack of  
straw



No open  
containers



No twist cap  
beverages



No twist  
cap/lid

Avoid touching any part where the mouth contacts the beverage container, otherwise hands need to be washed before touching food or other food contact surfaces.