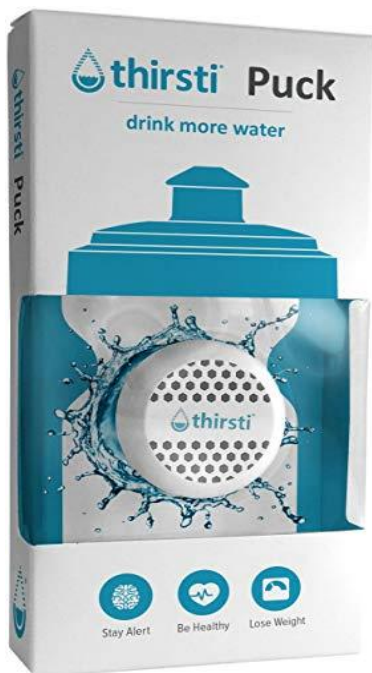


SHEQ Best Practice & Innovation

HEALTH AND WELLBEING

NORTHERN HOME COUNTIES: SIGNATURE BARNET

THIRSTI PUCK



Signature Barnet have been trialling a new initiative amongst the site team to monitor and increase hydration using 'thirsti Puck' throughout 2020. Improved hydration helps to regulate blood pressure and digestion as well as preventing kidney damage and other health benefits.

The device works alongside an app that encourages users to monitor their fluid intake and set themselves daily targets using their smartphone. The puck glows inside your water bottle to remind you to drink if you forget and fall behind your target. So far the response has been very positive which colleagues noticing that they are drinking more regularly.

If you wish to share some best practice/ innovation please contact your SHE Advisor, Construction SHE Team