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SAFETY ALERT

No. 16-04

Reuse of Disposable Water Bottles

August 2016

While keeping hydrated is essential for good health, the reuse of disposable water bottles can be an unhealthy practice. Manufacturers of water bottles label their bottles as single use, but some people mistakenly reuse these bottles over and over again.

The main reason that this is a problem is due to the lack of hygiene. Most single use bottles are very difficult to clean and studies have shown that bacteria levels increase the longer these bottles are used, with or without cleaning. Additionally, wear and tear from repeated washings and reuse of single use bottles can create small fissures in plastic, allowing a place for bacteria to harbor and multiply, and which poses a health risk.

Avoiding the reuse of disposable water bottles is also preferable due to the possibility of breakdown of the plastic and leaching of chemical components into the water. This issue is less understood and studies are still ongoing.

It is highly recommended to use water bottles that are specifically designed to be reused. Reusable water bottles come in many different materials, from specially designed plastic to glass (*glass is not allowed on school grounds*) to various metals. Regardless of the type you choose, refilling a clean water bottle designed as reusable is definitely preferable to reusing a disposable water bottle. Don't let a good habit like keeping properly hydrated go to waste.



Please go over this information with students and staff during class, assemblies or professional development trainings. For more information, please contact the Office of Environmental Health & Safety at (213) 241-3199 or at <http://achieve.lausd.net/oehs>.

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