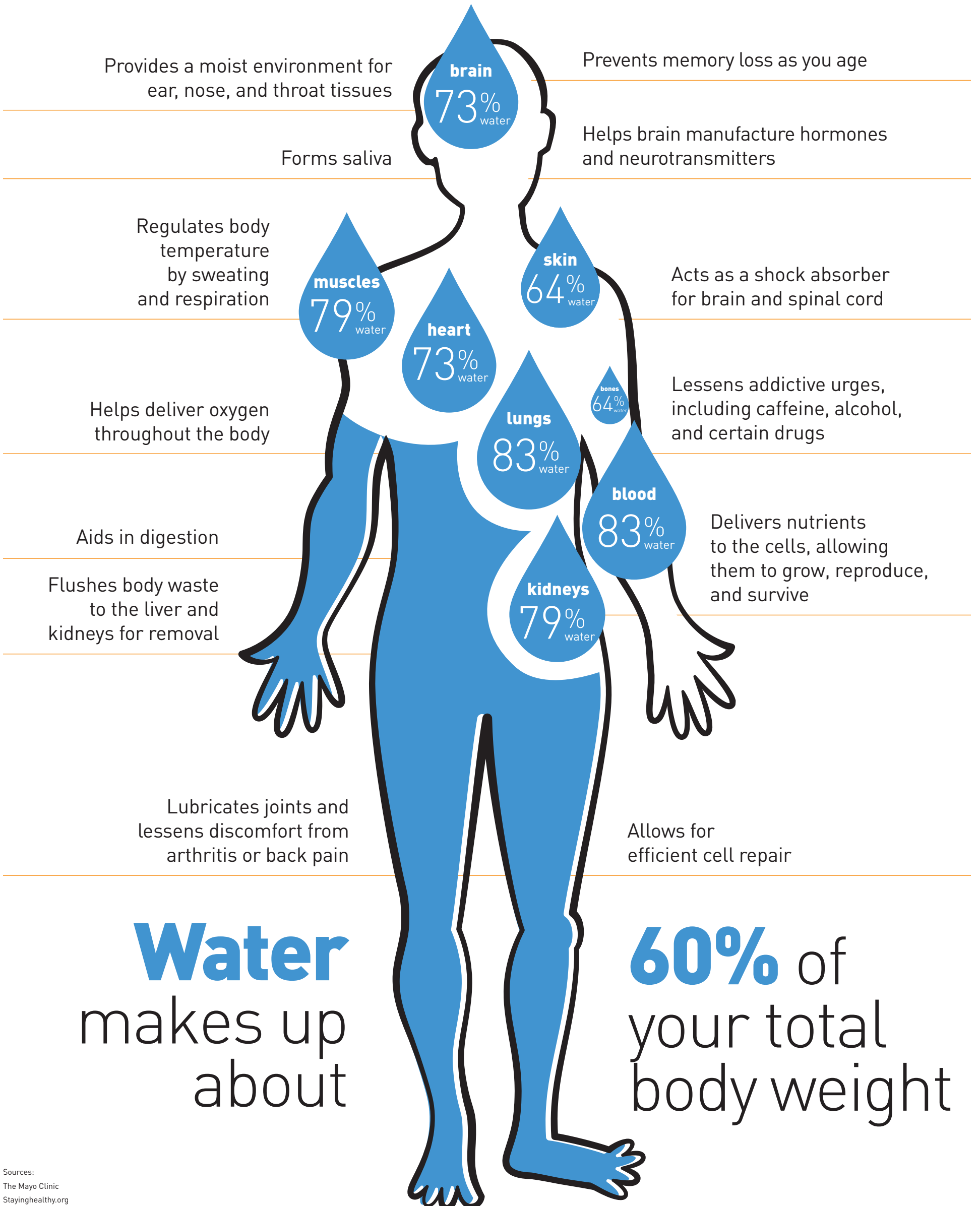


# Total Worker Health:

# HYDRATION

## What does **water** do for you?



**Water**  
makes up  
about

**60%** of  
your total  
body weight