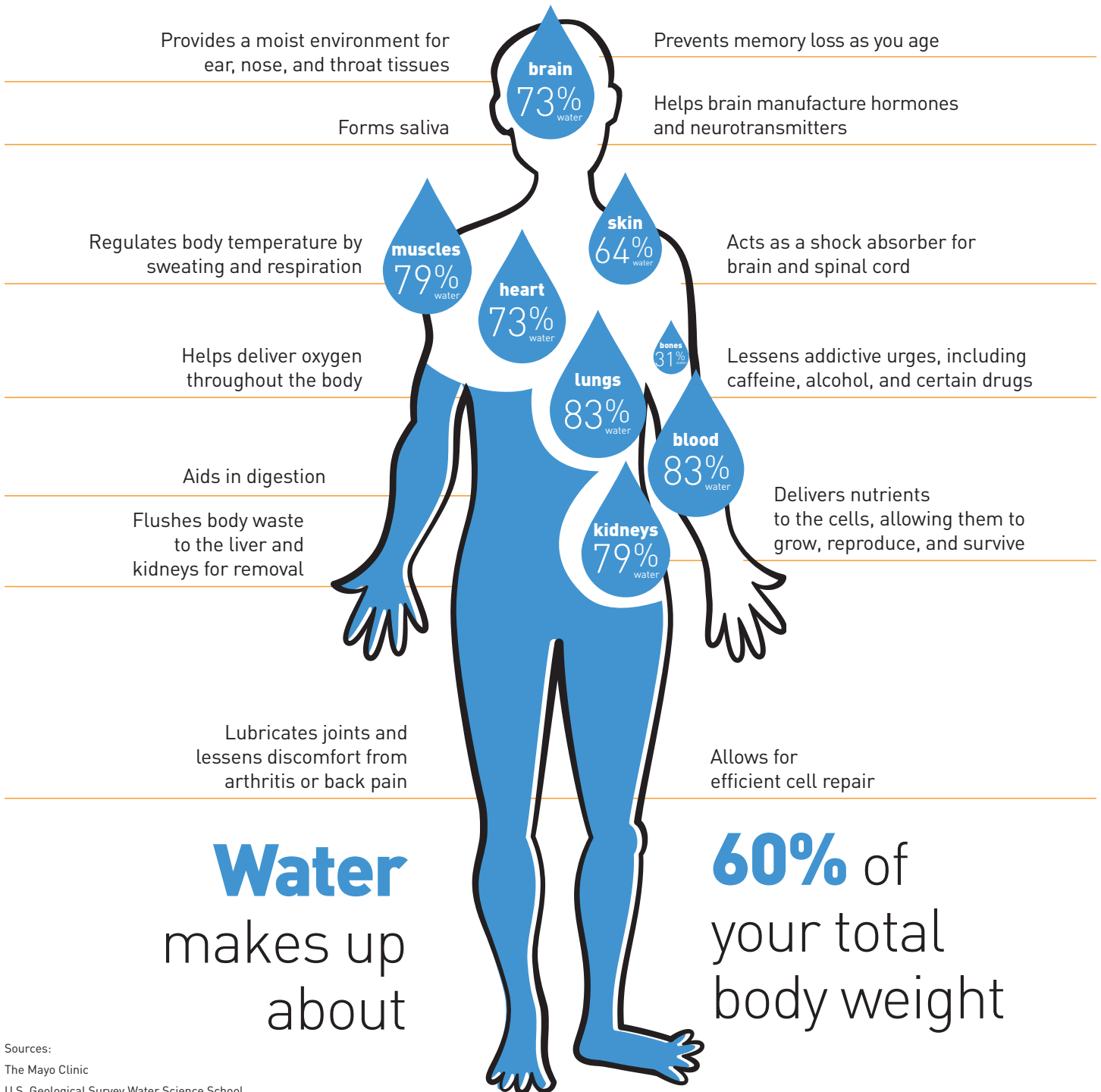


Total Worker Health®:

# HYDRATION

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



Sources:  
The Mayo Clinic  
U.S. Geological Survey Water Science School

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