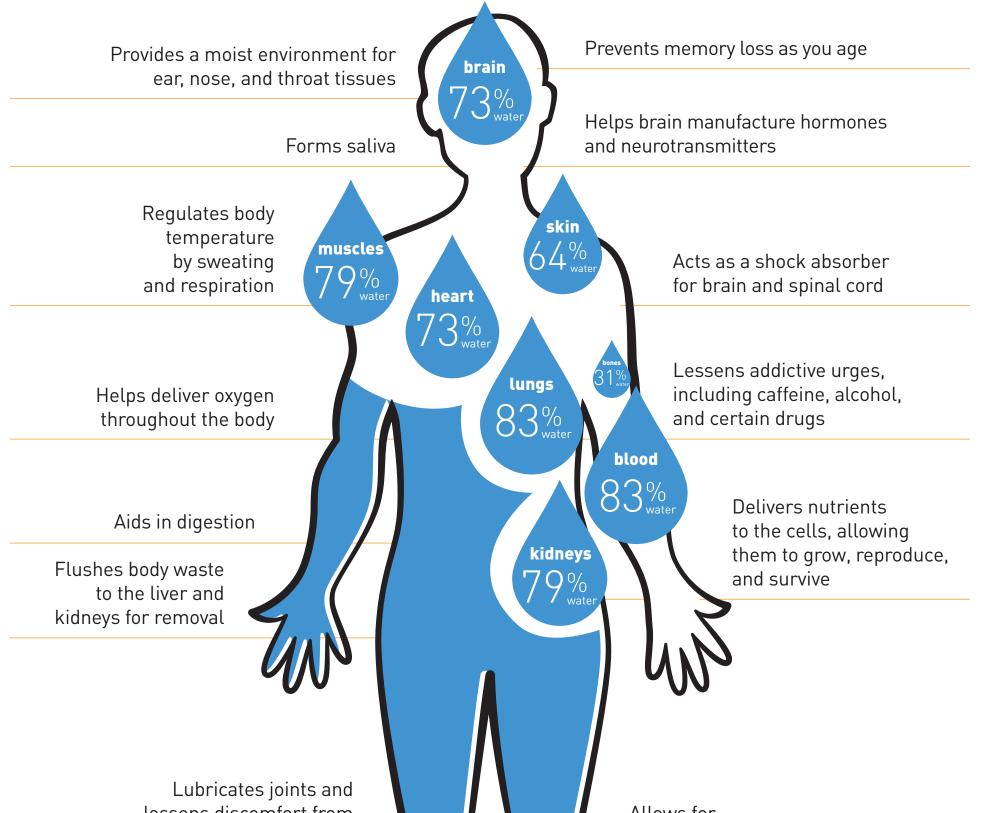
## Total Worker Health®:

## HYDRATION

## What does water do for you?



Allows for efficient cell repair Allows for efficient cell repair **60%** of your total body weight

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

*Total Worker Health*<sup>®</sup> is a registered trademark of the U.S. Department of Health and Human Services (HHS). Participation by SAIF does not imply endorsement by HHS, the Centers for Disease Control and Prevention, or the National Institute for Occupational Safety and Health.

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