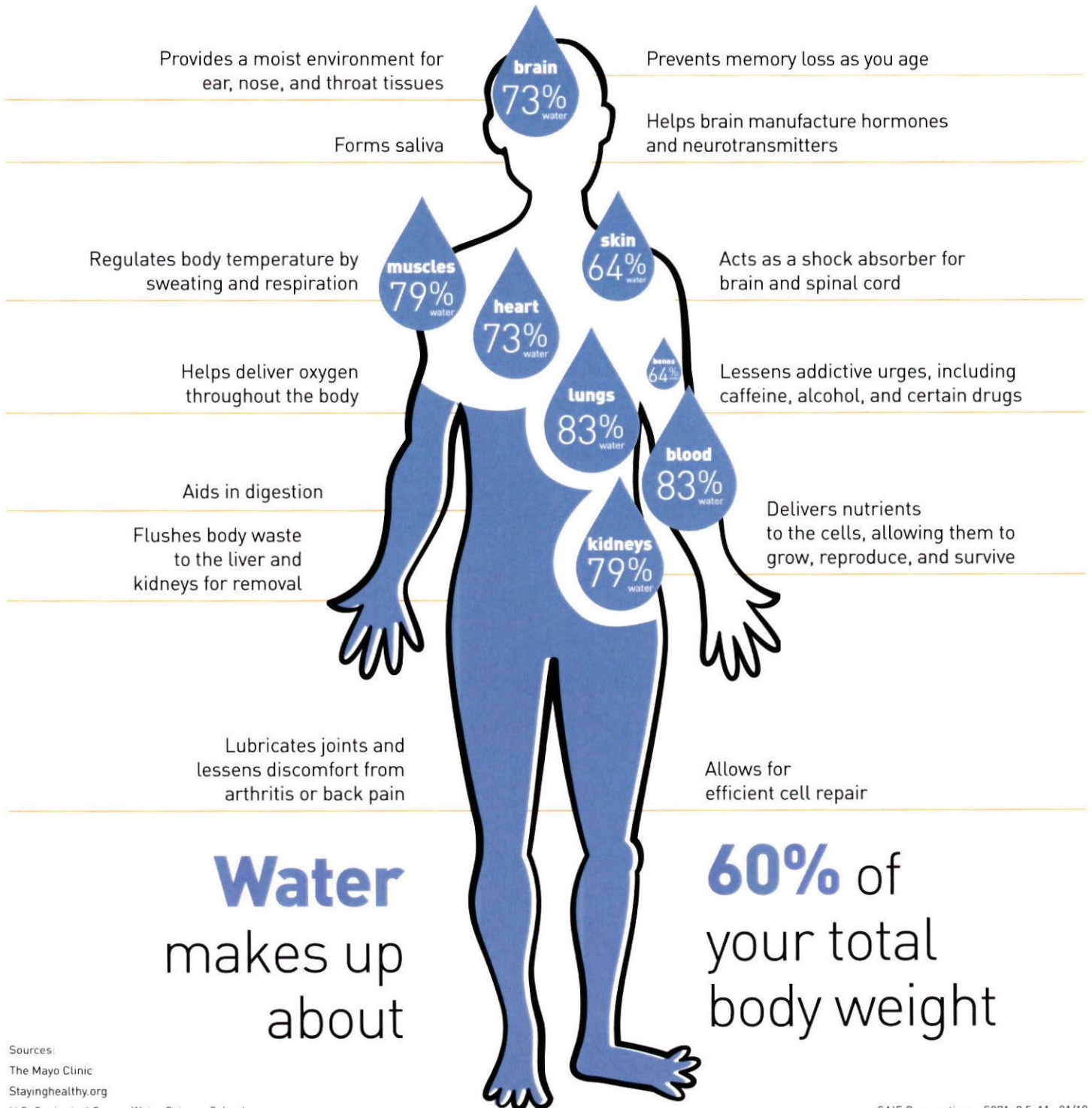


Total Worker Health: **HYDRATION**

What does **water** do for you?



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