



HYDRATION STATION

Grab a drink and keep
hydrated

REMEMBER!!!

- ✓ Staying hydrated will help keep your heart, muscles and joints healthy, keep your concentration levels up, and will reduce the risk of you developing an infection.

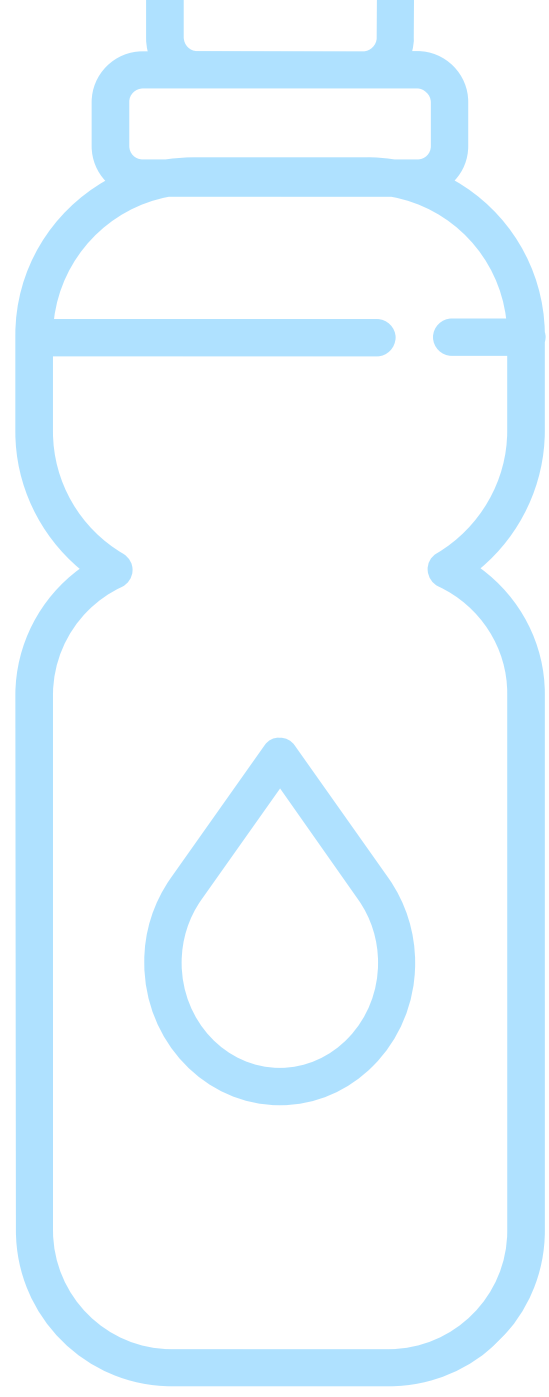
49%

of healthcare staff
regularly drink less than
one litre of water during
a 12 hour shift



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