

# STAYING HYDRATED RELIEVES FATIGUE.



This poster is designed solely for the promotion of workplace safety and health to protect workers in Singapore. The Workplace Safety and Health Council welcomes feedback on this poster and any workplace safety and health concerns via email: [contact@wshe.sg](mailto:contact@wshe.sg). Visit [www.taketimetotakecare.sg](http://www.taketimetotakecare.sg) for the kind of safety and health actions you can do.