



# SAFETY TALK

NORTH DAKOTA STATE UNIVERSITY • UPPER GREAT PLAINS TRANSPORTATION INSTITUTE • NORTH DAKOTA LOCAL TECHNICAL ASSISTANCE PROGRAM

## HYDRATION

***Why drinking water alone does not "hydrate" the body.***



You've heard it many times before, *"drink lots and lots of water! You should be drinking a minimum of half your body weight in ounces of water each and every day."*

Sounds great...but are you hydrating or just flushing your system?

[July Safety Talk](#)

### Quick Links

[NDLTAP website](#)

[TLN Website](#)

[UGPTI website](#)

## Innovation Spotlight

NDLTAP is featuring *past* innovations that have been submitted through the "You Show Us" Contest. These

innovations range from the development of tools, equipment modifications, to processes that increase safety, reduce costs, or improved efficiency and quality of transportation.

### [Utility Lift Mechanism](#)

### [You Show Contest Information](#)



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This news bulletin produced by NDLTAP will be emailed on a regular basis to keep you informed of new transportation-related issues. Please share this publication with anyone who may benefit from this information.

If you have any comments or suggestions for this publication please contact NDLTAP.

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