



Personal Safety

VIDEO: Cold Stress

Brought To You by Sqwincher | Apr 25, 2018

Most Commonly Overlooked Safety Measures

- **E**Cold stress and dehydration
- Keeping hydrated with water and electrolytes
- Dehydration can be more hazardous in colder conditions

For more information on hydration, please visit MSCDirect.com.

www.mscdirect.com/betterMRO

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