



Employee Safety

## **VIDEO: Heat Stress Prevention Tips**

Brought To You by Sqwincher | Apr 23, 2018

Tips to help prevent the three types of heat stress:

- Heat cramps
- Heat exhaustion
- Heat stroke

*For more information on hydration,  
please visit [MSCDirect.com](http://MSCDirect.com).*

[www.mscdirect.com/betterMRO](http://www.mscdirect.com/betterMRO)

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