



Personal Safety

## **VIDEO: Cold Stress**

Brought To You by Sqwincher | Apr 25, 2018

### **Most Commonly Overlooked Safety Measures**

- 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](http://MSCDirect.com).*

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

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