



Personal Safety

VIDEO: Cold Stress

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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](https://www.mscdirect.com).*

www.mscdirect.com/betterMRO

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