

Personal Safety

VIDEO: Cold Stress

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Cold Stress

- Body swelling
- Numbness
- Tingling
- Pain

Chilblains — Inflamed blood vessels

Frostbite — Freezing of skin or deeper tissue

Hypothermia — Core body temperature < 98.6°F

- Slurred speech
- Confusion
- Violent shivering
- Weak pulse
- Shortness of breath
- Loss of consciousness
- 82°F and below is fatal

Prevention

- Hydration
- Electrolyte replacement

Electrolytes — Provide necessary minerals that keep your mind and body:

- Hydrated
- Fueled
- Focused

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

www.mscdirect.com/betterMRO

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