

## **Heat Cramps**

Heat cramps usually affect workers who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture levels. Low salt levels in muscles cause painful cramps.

Heat cramps may also be a symptom of heat exhaustion.

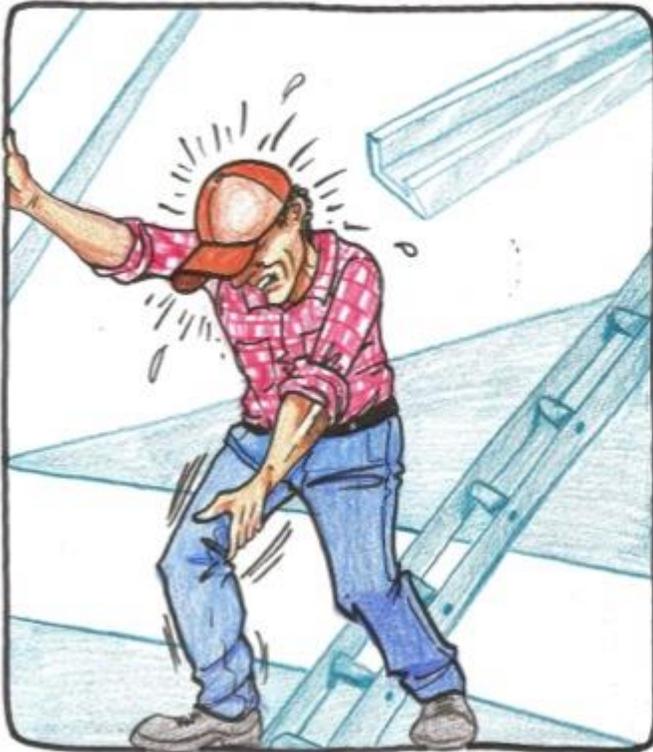
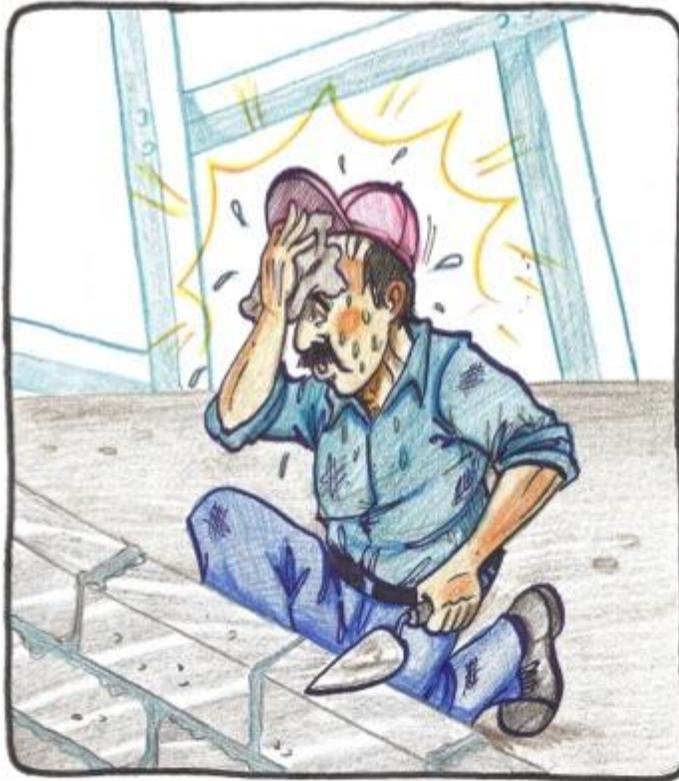
### **Symptoms**

- *Muscle pain or spasms usually in the abdomen, arms, or legs.*

### **First Aid**

Workers with heat cramps should:

- Stop all activity, and sit in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous work for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention if any of the following apply:
  - The worker has heart problems.
  - The worker is on a low-sodium diet.
  - The cramps do not subside within one hour.



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