

FIRST-AID RESPONSE PLAN FOR FAINTING

SIGNS & SYMPTOMS (not all may be present):

- Dizziness
- Weakness
- Sweating
- Blurred vision, seeing spots
- Headache
- Sensation that the room is moving
- Ringing in the ears (see tinnitus)
- Nausea, vomiting

HOW YOU CAN HELP:

- **If you require assistance, ask a student/bystander to go to the front desk to call for a first-aider**
- **Do not leave the person alone until help arrives**
- **Ask bystanders/ students to leave the area**

FIRST-AID PROCEDURE FOR FAINTING:

1. Raise legs above heart

- Help the casualty to lie down
- If he/she has already fainted, open their airway and check breathing
- Raise his/her legs above heart (chest level)

2. Get fresh air to casualty

- Loosen tight clothing around the neck, chest and waist

3. Reassure casualty

- Once the casualty starts to recover, reassure him/her constantly and help them to sit up slowly
- Treat any associated injuries

- If the casualty does not improve or if further deterioration occurs, call an **emergency services 999 or 112** (note: you may need to dial '0' to get an outside line if using a DIT landline)