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| **RECOGNIZING FAINTING – Signs and 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/first responder**
* **Do not leave the person alone until help arrive**
* **Ask bystanders/ students to leave the area**

**FIRST-AID PROCEDURE FOR FAINTING:**1. **Ensure person is breathing – if not start CPR**
2. **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)
1. **Get fresh air to casualty**
* Loosen tight clothing around the neck, chest and waist
1. **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 campus landline)
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