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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) |