

FAINTING

Fainting

By the end of this session you will be able to:

- recognise when someone feels faint or has fainted
- respond appropriately to someone who feels faint or has fainted.

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What you will see:

- A brief loss of responsiveness that causes the casualty to fall to the floor
- Pale, cold skin
- Sweating.

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What you should do:

- If the casualty feels faint, help them to lie down
- Raise the casualty's legs and support their ankles on your one shoulder, if possible
- If inside, open the windows to ensure the casualty has plenty of fresh air.

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<http://www.sja.org.uk/sja/first-aid-advice/illnesses-and-conditions/fainting.aspx>