

FIRST AID: Fainting

Fainting is a brief loss of consciousness due to decreased amounts of oxygen in the brain

SIGNS AND SYMPTOMS OF FAINTING:

- Observing paleness, sweating
- Person complaining of dizziness and sickness

FIRST AID FOR A PERSON WHO HAS FAINTED:

- Loosen clothing especially at the neck, waist and feet
- Lay person down on back with legs raised 25cm to 30 cm, head turned to side
- Supply fresh air
- When person regains consciousness, make them comfortable, keep them lying down for 15 minutes
- Remain with person until medical help arrives
- If they refuse to lie down, have them sit and hang on to article of their clothes to prevent falling

