



FIRST-AID FOR FAINTING

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

SIGNS AND SYMPTONS 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

E.C.I.S has been providing businesses and individuals with First-Aid training for over 25 years

www.ecis.ca