

# How to deal with a faint

There are many causes of fainting:

## Typical causes:

- Pain
- Fright
- Lack of food
- Emotional stress
- Fatigue
- Long periods of inactivity
- Illness or condition
- Heat exhaustion
- Pregnancy

## Signs and symptoms

- Slow pulse
- Dizziness
- Nausea
- Faint
- Pale clammy skin
- Blurred vision
- Stomach pain

## Treatment

- Legs raised if feeling faint
- Recovery position if unconscious
- Check ABC
- Ensure plenty of fresh air
- Remove causes of stress and clear crowds
- Ascertain cause of faint and remove otherwise casualty will not recover
- Reassure
- If unsure dial 999

## Recovery position

