

Fainting is a brief or partial loss of consciousness, which occurs suddenly, causing the casualty to fall to the ground. Recovery is usually rapid.

## Causes:

- Fright
- Bad news
- Medication
- Sickness / nausea
- Standing for a long period of time.
- Enclosed rooms.
- Drop in blood pressure.
- Cardiac disorder

## Signs and Symptoms leading up to:

- Feeling light headed.
- Pale, cold clammy skin.
- Dizziness
- Anxiousness
- Feeling sick, Nauseous.

## Treatment

Follow the [Basic First Aid Plan](#) to assess the casualty

- ✓ Lay the casualty down.
- ✓ Elevate the legs.
- ✓ Do not allow the casualty to stand until fully recovered.
- ✓ If a pregnant woman faints, place her on her left hand side and support her stomach.

**If casualty does not recover quickly, consider another diagnosis and treatment and call for an Ambulance.**

**Brain damage or death can occur if the casualty is left, in an upright position, such as standing or sitting in a chair or vehicle.**



If an Ambulance is required - call immediately - do not delay  
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