

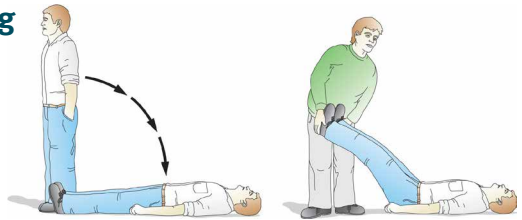
Fainting

Fainting occurs when there is sudden dilation of the blood vessels or a change in heart rhythm, reducing the flow of blood to the brain. The casualty momentarily loses consciousness, causing them to collapse. The collapse puts the casualty in a horizontal position, allowing blood to circulate to the brain more readily, allowing the casualty to recover rapidly.

Fainting usually occurs when a person is standing for a long period of time or when they stand up suddenly from a seated position.

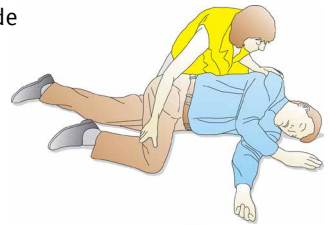
Signs and symptoms of fainting

- pale, cold and clammy skin
- slow, weak pulse
- yawning
- light-headedness.



Management of fainting

- If the casualty is conscious, lay them flat and elevate their legs. Recovery is usually rapid.
- If the casualty is pregnant and conscious, place her on her left side. Support her body and elevate her legs with a small pillow or something similar.
- If the casualty is unconscious, place them on their left side in the recovery position.
- Monitor and record the casualty's pulse and breathing.
- Rest and reassure the casualty.
- If symptoms of faintness persist, the casualty should see a doctor to ensure that they are not suffering from a more serious condition.



Queensland Ambulance Service (QAS) encourages you to be prepared for an emergency. Enrol in a QAS first aid course to learn vital life-saving first aid skills.

Enquire online at www.ambulance.qld.gov.au or call 13 QGOV (13 74 68)