Veterans of Foreign Wars Pelican Post 1383

Safety Topic – June 2015

What to Do if Someone Faints

Fainting can occur for a number of reasons. There is not one thing that causes people to faint. It all depends on the person and their body's tolerance. Do you know **what to do if someone faints**? Can you notice the signs that a person is about to faint?

Signs That a Person May Faint

While it is hard to tell exactly what makes a person faint there are signs and symptoms that generally occur before it happens. If you are aware and know what signs to look for than you will be better prepared to help a co-worker in their time of distress. Here is a list of **symptoms that occur before fainting:**

- Yawning
- Nausea
- Clammy Sweat
- Fast Breathing
- Confusion
- Blurry Vision
- Ringing In Your Ears
- Vomiting

Do's and Don'ts of Helping a Fainting Victim

Do's:

- **Call 911** as soon as a person faints
- If you see the person falling try and catch them.
- Place the person in a horizontal position on the floor. Keep their head below their heart.
- Remove any tight clothing.
- Use a wet towel at room temperature on the person's neck and face.
- Lay the person on their side to prevent them from choking on their tongue.
- Keep the person warm.

Don'ts:

- Never slap or shake a person that has fainted.
- The person should not eat or drink until they have been checked out by a doctor.
- Don't allow the person to try and get up for at least 5 minutes. They could faint again if they move too quickly.

Summary: Know what to do if someone faints. It will help reduce injuries that could occur before and after a person faints.