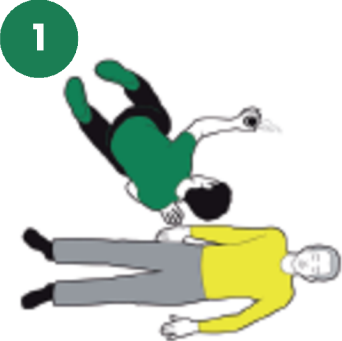
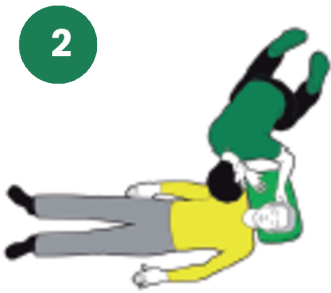


FIRST AID AT WORK SEIZURES (FITS) IN ADULTS WHAT TO DO:



1. With any seizure, it is important to first protect the casualty from harming themselves during the fit. Ask any bystanders to step back, help to protect the casualty's privacy as much as possible, and clear away any potentially dangerous objects, like hot drinks or sharp objects. Make a note of the time that the seizure started.

- Do not restrain the casualty or move them unless they are in immediate danger.
- Do not put anything in their mouth.



2. Protect their head. You could place soft padding underneath it, such as a rolled-up towel. You should also loosen any clothing around their neck. Call for first aid/medical to attend to support in the further steps.



3. When any jerky movements have stopped, open their airway and check their breathing.

- If they are breathing, put them in the recovery position.



4. Monitor their level of response and make a note of how long the seizure lasted.

- If they become unresponsive at any time, prepare to call 999 or 112 for emergency help and give CPR.

Not everyone who has a seizure needs to go to hospital, particularly if they are known to have epilepsy. The casualty may have an alert bracelet or a care plan that says what to do. It may take 15-30 minutes for the casualty to recover completely from a seizure.



5. Call 999 or 112 for emergency help if:

- it is the casualty's first seizure
- they are having repeated seizures
- the cause of the seizure is unknown
- the seizure continues for more than five minutes
- the casualty is unresponsive for more than 10 minutes after the seizure
- they have an injury on another part of the body, or they are not breathing normally.

THIS GUIDANCE IS BASED ON INFORMATION PROVIDED BY ST JOHNS AMBULANCE. ABOVE IS FOR GUIDANCE ONLY AND DOES NOT REPLACE FIRST AID AT WORK TRAINING.