

WHAT TO DO

What is the first thing you should do when someone loses consciousness and falls to the floor convulsing?

First rule of any first aid is to stay calm! and this is so important if someone is having a seizure. There are 40 different types of seizures, but the Something on the Brain information below will only provide guidance on what to do when someone has the type of seizure where someone loses consciousness and falls to the floor shaking (in technical terms a tonic-clonic seizure).



SAFETY

Make the area safe, clear away dangerous objects, and only have a few people help. Put something soft under the person's head.



TIME

Time how long the seizure lasts for



ACT CALMLY

It is important to keep you cool and act calmly so you can help the person having a seizure



RECOVERY POSITION

Once the seizure has stopped, place the person on their side. Tilt their head back to make sure their tongue is not blocking their throat, and if it is, move their tongue out of the throat. Stay with the person

DOs & DONTs

- Don't move them unless absolutely necessary
- Don't put anything in their mouth
- Don't pin them down

Call an ambulance if:

- Seizure has lasted more than 5 minutes
- Injury has been sustained during the seizure that needs medical attention
- Head injury has been sustained
- First time seizure

