



# Civil Air Patrol Safety

## Fainting





# OVERVIEW

- To provide an update on the causes and symptoms of fainting, and care of a person who has fainted.
- Fainting is not normal and must be considered a medical emergency until the cause is discovered.





# FAINTING

Fainting - A sudden and temporary loss of consciousness usually due to a loss of oxygen to the brain





# Causes of Fainting

- Excessively rapid and deep breathing (hyperventilation)
- Heart disease (i.e., abnormal heart beats/rhythms)
- Medications (i.e., antidepressants, blood pressure meds, illicit drugs)
- Alcohol use
- Seizures
- Straining with a bowel movement
- Low blood pressure or low blood sugar
- Severe dehydration (i.e., during exercise, heat exposure)
- Standing too long in one position (i.e., standing in formation) especially in warm/hot conditions





# Symptoms of Fainting

- Lightheadedness
- Dizziness/room spinning (vertigo)
- Pale skin coloring
- Fading vision (tunnel vision) or blurred vision
- Feeling weak, sweaty, or nauseous
- Falling over

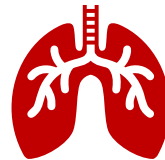




# Treatment for a person who feels “Faint”

If a person says “I feel like I will faint”

- Assist the person to a sitting position, head placed between the knees
- OR
- Assist the person to a lying-down position with feet elevated 10 – 12 inches
- Stay with the person, and monitor breathing and wakefulness
- Allow the person to get up when fainting symptoms pass
- Assist the person as they stand up and ensure they are steady and balanced





# Treatment for a person who has lost consciousness

- Before you approach the person, survey the area to determine if it is safe to approach
- Check for breathing
- If the person is not breathing:
  - Give rescue breaths and check for a pulse
  - If no pulse, start CPR
- If the person is breathing, loosen the clothing around the neck, elevate the feet 10 – 12 inches, and monitor for breathing and wakefulness.
- Stay with the person until they recover - if the person has fainted, recovery usually takes 1 – 2 minutes
- Have the person remain lying down for 10 – 15 minutes. After that, if recovery is complete, provide assistance as the person stands up.





# When should you obtain medical assistance

If the person who has fainted:

- Does not regain consciousness in 1 – 2 minutes
- Sustained an injury while falling, especially to the tongue or head
- Is pregnant
- Has chest pain or discomfort, chest pressure, or a history of cardiac disease
- Has repeated fainting spells
- Is diabetic
- Shows signs of a stroke







Thank you!

