

Fainting Review RED



Date: _____

Reviewed Staff: _____

Reviewers: _____

Situation: A student is in a group fitness class when he/she starts to feel light headed, turns pale, sweating profusely and is having a hard time balancing.

Victim: Put your hand over your face, showing signs that you are not feeling well. Once staff member reaches you, say that you do not feel well and that you feel like you are going to pass out.

Witness: Run to the information counter and explain your friend is about to faint and you need help right away.

Checklist - (Facilitator/victim will verbalize bold words in parenthesis):

If 3 (*) missed, staff automatically does not meet requirements

- ___ Grab AED, first aid kit, radio and cell phone*
- ___ Check the scene (Facilitator: **scene is safe**)
- ___ Check the victim and ask “are you okay?” (Victim: **“I feel light headed and sick to my stomach”**)
- ___ Tell the victim you are first aid/CPR/AED certified and want to help; obtain consent*
- ___ Assist the victim to a seated position*
- ___ Suggest victim to lie down; elevate legs if comfortable. If more comfortable sitting, allow him/her to stay seated
- ___ Stay with victim and keep asking them questions such as are you still sick to your stomach, lightheaded, feeling dizzy? *

(Facilitator: victim passes out)

- ___ If student is sitting down, lower him/her to a flat surface and position him/her back, lying flat
- ___ If possible, assist victim so he/she does not hit his/her head
- ___ Direct someone to call 911 and University Police*
- ___ Check signs of life, maintain an open airway and keep checking for breathing (Facilitator: **victim is breathing but is unconscious**)*
- ___ Continue to monitor victim until EMS arrives*
- ___ Ensure bystanders or other staff to open doors and meet EMS

(Facilitator: victim is responsive)

- ___ Monitor signs of life until EMS arrives*
- ___ Keep talking to the victim to remain responsive*

Location	Phone Number	Address
REC	608-785-5225	1601 Badger St
Mitchell Hall	608-785-8696	1820 Pine St

After EMS departs:

- ___ Inform Pro Staff about the emergency, call Mo if after hours*
- ___ Fill out an accident report* (Facilitator: **What information should be included on the report?**) Explain what SAMPLE stands for

Rec info: all staff members
MH info: only if staff member works there

Other

- Check for knowledge of building address and appropriate phone number
- Does staff member have CPR pocket mask clipped on?
- Consent is implied due to unconsciousness of the victim

Please write comments on back of sheet →

Met Requirements Did not meet requirements ___ (Facilitator: **Paige will contact you**)

Signature of Facilitator: _____ Signature of Reviewee: _____