

# FAINTING

Fainting may have many causes including:

- Injuries.
- Illness.
- Blood loss/shock.
- Heat exhaustion.
- Diabetic reaction.
- Severe allergic reaction.
- Standing still for too long.

If you observe any of the following signs of fainting, have the student lie down to prevent injury from falling:

- Extreme weakness or fatigue.
- Dizziness or light-headedness.
- Extreme sleepiness.
- Pale, sweaty skin.
- Nausea.

Most students who faint will recover quickly when lying down. If student does not regain consciousness immediately, see "[UNCONSCIOUSNESS.](#)"

YES OR NOT SURE

- Is fainting due to injury?
- Was student injured when he/she fainted?

NO

Treat as possible neck injury.  
See "[NECK PAIN](#)" AND "[BACK PAIN.](#)"  
Do NOT move the student.

- Keep student in flat position without a pillow under the head.
- Elevate feet.
- Loosen clothing around neck and waist.

- Keep airway clear and monitor breathing.
- Keep student warm, but not hot.
- Control bleeding, if needed (wear disposable gloves.)
- Give nothing by mouth.

See "[UNCONSCIOUSNESS.](#)"

Has the student regained consciousness?

NO

YES

Keep student lying down with legs elevated. Contact responsible school authority & parent/guardian.  
**URGE MEDICAL CARE.**

Does the student still complain of:

- Dizziness?
- Lightheadedness?
- Weakness?
- Fatigue?

YES

NO

Contact responsible school authority & parent/guardian.

If student feels better, and there is no danger of neck injury, move student to quiet, private area and maintain adult supervision.

Document care provided.