



5-minute safety talk

6 Steps to Take During Any Medical Emergency

1. Recognize the emergency.
2. Check the scene for safety issues.
3. Check the person. If no response, move to Step #4.
4. Call 9-1-1 when appropriate.
5. Obtain consent and care for person until help arrives.
6. Have the person seek medical attention when appropriate.

Seizure

Seizures are sudden misfires of electrical activity in the brain. They manifest as a spasm or convulsion of shaking where muscles contract and relax. There are also mild seizures where the person does not shake.

SIGNS AND SYMPTOMS

- Muscle stiffness and rigidity
- Repeated or sporadic jerking movements
- Loss of consciousness

RECOVERY POSITION STEPS

1. Extend one of the victim's arms above the victim's head.
2. Carefully roll the victim's body onto its side so that the victim's head is supported on the extended arm.
3. Bend both legs so the victim's position is stabilized.
4. With victim now in position, open the mouth to allow drainage and monitor breathing.

Visit [nsc.org/members](https://www.nsc.org/members)
for more safety tips

STEPS TO TAKE

1. Do not try to stop the person's movements or restrain the person. Do not place any objects in the person's mouth.
2. Prevent injury during a seizure by moving away dangerous objects and putting soft padding such as a jacket under the person's head. Remove eyeglasses.
3. Loosen tight clothing around the neck to ease breathing.
4. After the seizure, the victim may be unresponsive or confused for a short time. Ensure the victim's airway remains open with the Recovery Position or head tilt if needed. Gently turn the person onto one side if vomiting occurs.
5. Call 9-1-1 if the seizure lasts more than 5 minutes; if the person is not known to have epilepsy; if the person recovers very slowly, or has trouble breathing or has another seizure; if the person is pregnant; if the person is wearing a medical ID bracelet; or if the person is injured.