Seizure First Aid

Tonic-clonic seizure
Is a convulsive seizure with loss of consciousness, muscle stiffening, falling, followed by jerking movements:
- Note the time the seizure started and time until it ends
- Protect the head – if available use a pillow or cushion
- Remove any hard objects that could cause injury
- Do not attempt to restrain the person or stop the jerking or put anything in their mouth
- As soon as possible roll the person onto their side – you may need to wait until the seizure movements have ceased (see pictures)
- Talk to the person to make sure they have regained full consciousness
- Stay with and reassure the person until they have recovered

Seizure with impaired awareness
Is a non-convulsive seizure with outward signs of confusion, unresponsiveness or inappropriate behavior, care should be taken as this can be mistaken for alcohol or drug intoxication:
- Note the time the seizure started and time until it ends
- Avoid restraining the person and guide safely around objects
- Talk to the person to make sure they have regained full consciousness
- Stay with and reassure the person until they have recovered

Additional considerations
When providing emergency response support to a person in a wheelchair, also:
- Protect the person from falling from the chair, secure seat belt where available and able
- Make sure wheelchair is secure
- Support head if there is no moulded head rest
- Do not try to remove the person from the wheelchair
- Tilt the persons head into a position that keeps the airway clear

CALL 000 FOR AN AMBULANCE
For any seizure if you don’t know the person or if there is no epilepsy management plan
If the seizure lasts for 5 minutes
If the seizure stops but the person does not regain consciousness within 5 minutes
If another seizure begins
When a serious injury has occurred, if it occurs in water, or if you believe the person is pregnant