

# 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 behaviour, 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
- 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