

How to identify a stroke

It's crucial that you know how to identify the signs of a stroke. Use the FAST acronym to help you do so:

F ACE

The casualty's face may have dropped to one side, with their mouth or eye appearing drooped. They may be unable to smile evenly.

A RMS

The casualty may be unable to raise both arms and keep them there due to weakness or numbness.

S PEECH

Their speech may be slurred or, despite being conscious, they may not be able to talk at all. The casualty may also struggle to understand what you are saying to them.

T IME

You must immediately call 999 or 112 if you recognise any of the above signs of a stroke.

