How to treat a casualty having a seizure

Epilepsy is the most common cause of a seizure (also known as a convulsion or 'fit'), though there are other causes. For example, a head injury, a 'hypo' experienced by someone with diabetes when their blood glucose is too low, a lack of oxygen, or alcohol poisoning.

To assist a casualty who is having a seizure:

1
Don't move them or try to restrain them unless they are in danger.

2
Move any dangerous items away, such as sharp objects or hot liquids. Ask anyone present to stand back. Record the time the seizure began.

3
Carefully place a cushion or towel under the casualty's head to protect them. Loosen any tight clothing from around their neck.

4
When they stop convulsing and are still, open their airway to check that it's still clear and they're breathing normally, as people often fall asleep at this stage. If they're breathing normally, put them in the recovery position.

5
Make a mental or physical note with as much information as you can about their seizure, so you can pass this onto the emergency services.

6
If they become unresponsive and stop breathing normally, prepare to start CPR and ensure emergency help is called on 999 or 112.