



What would you do if you were the first on the scene?



Don't be
a First Aid
Dummy!

QUIZ

With our ***Don't be a First Aid Dummy! Quiz***, each month, on the first of the month, we'll take you through an emergency situation where you'll be put on the frontline. Test your knowledge or brush up on your skills with our short, serious but fun first aid quiz. It might not only improve first aid outcomes but help save lives.

Want to get the monthly quiz email? Just [click here](#) to join!

this month: **Convulsions**

What would you do if...?

Mary usually rose early in the mornings as 10 month old Gemma would often be awake and ready for her breakfast. Today though, Gemma seemed to be quiet and lethargic as Mary picked her up out of her cot. She did not seem to be feeling well and felt a bit warm to touch.

Mary fetched the thermometer from the first aid kit and checked Gemma's temperature. It was 38.8 degrees Centigrade. So Mary started to prepare some baby Panadol to try to get the fever down. All of a sudden, Gemma began to roll her eyes back and her little body became stiff as she sat in her highchair. She was having a convulsion. What should Mary do?

Correct

a. Place on their side and stay with them. Call 000. Remove excess clothing or wrapping. Read the correct answer in full [below](#).

Incorrect

b. Hold them down so that they cannot move during the convulsion.

This is wrong because you should not restrain a person/child when they are having a seizure. It is good idea to make sure that there is not anything near that could cause any injury to the patient but do not try to stop them moving with the shaking, you could injure them.

Jumping up and down will not be of any help to move a foreign object out of the airway. In fact, gravity will be making it move further down the airway and may end up with the person not being able to breathe at all.

c. Put something in their mouth to stop them biting and swallowing their

Incorrect

tongue.

This is wrong. Do not put anything into a person's mouth whilst they are having a seizure, this could make them choke or obstruct their airway. The tongue cannot be swallowed this is a myth, but it can obstruct the airway. If possible put the patient into the recovery position but do not restrain them.

Incorrect

d. Throw icy cold water on them to shock it out of them.

This is wrong, it can cause the patient to become hypothermic and will not stop the seizure.

Correct answer in full:

During the convulsion, place the child on their side for safety. Do not restrain the child. Call 000 for an ambulance. Remain with the child to ensure they remain safe.

Once the convulsion has ceased, check their airway and breathing. Comfort the child and remove any excess clothing or wrapping but do not try to cool with sponging as they can become too cold quickly.

The child should be checked by a medical professional to determine the cause if this is the first convulsion. Children between the ages of 6 months and 5 years can experience convulsions (seizures) due to a rapid rise in temperature. The convulsion is often the first sign of a fever and so they can be difficult to prevent.



Convulsions and your First Aid Kit

What would you use from your kit?

First Aid and medical treatment are vital in this situation, however, we recommend having a thermometer and children's Panadol on hand. We offer a large variety of kits that can be purchased at any of our [retail locations](#)



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