

HOW TO REVIVE A GUEST WHO HAS FAINTED

1 **Make room around the victim.**

Cool, fresh air will help to revive the guest. Do not crowd around the victim or obstruct her breathing or airway. Do not move her to another location.

2 **Elevate the victim's legs.**

Prop the guest's legs up on the seat of a chair or several hymn books to encourage blood flow to the head.

3 **Assess the victim's breathing.**

Get on your hands and knees. Observe the victim's chest: Make sure it is rising and falling rhythmically. Place your hand 2 inches above victim's nose and feel for breath. If the victim is not breathing, instruct someone nearby to call for help, then continue.

4 **Check the victim's wrist for a pulse.**

With your right hand, clasp the back of the victim's wrist so that your index and middle fingers lie gently over base of the palm, closer to the thumb than the pinky. Do not use your thumb to measure a pulse: The thumb can register your own pulse and mask the victim's. If you detect a pulse, skip to step 6.

5 **Check for a neck pulse.**

Kneel behind the victim's head so that you are looking down at her face. Using the index and middle fingers of your right hand, gently place your fingers under the victim's chin to the right of her Adam's apple. Using a watch with a second hand, count the victim's heartbeat for 15 seconds. Multiply the number of beats by 4 to determine the number of heartbeats per minute. If the victim's pulse is greater than 120 or less than 50, call for help and begin CPR. If the pulse is normal, continue to step 6.

6 **Wait.**

Most people faint from excessive heat, a sudden surprise, overwhelming emotion, or fatigue and will come to on their own without treatment.

7 **Mop the victim's brow with a cold, wet napkin.**

8 **Reposition the victim once she regains consciousness.**

When she revives, help her to a chair and direct her to keep her head between her knees. Administer non-alcoholic drinks in small sips.

Be Aware

Smelling salts, a combination of ammonia and strong perfume, can sometimes be effective in reviving a person who has passed out. However, they should be used only as a last resort. Their noxious odor may cause adverse side effects or toxicological reactions in some people.