

Request No: ELIR00409

Received: 28.05.24

Resolved: 03.06.24

Subject / Request: Procedure for Dealing with Seizures

To whom it may concern.

To whom it may concern. I had a meeting at Meadowbank Leisure Centre on 25 April with the Manager and Operations Manager to discuss my husband who has epilepsy and asked twice for a copy of Edinburgh Leisure's policy/ procedure for dealing with people who have seizures and was told this would be forwarded to me.

I still have not received this so under the freedom of information act I would like to request a copy of this so I can be reassured of my husband's safety whilst at your venue. Many Thanks

Our Response

- MSC Sports attendants have completed a 1 day – emergency first aid at work course and attend ongoing venue training.
- The 1 day – emergency first aid at work course is supplied by The Royal Life Saving Society (RLSS).
- The 1-day training covers each section of the “Emergency First Aid Made Easy Booklet”
- See contents below:

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Edinburgh
EH7 6AE
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Edinburghleisure.co.uk

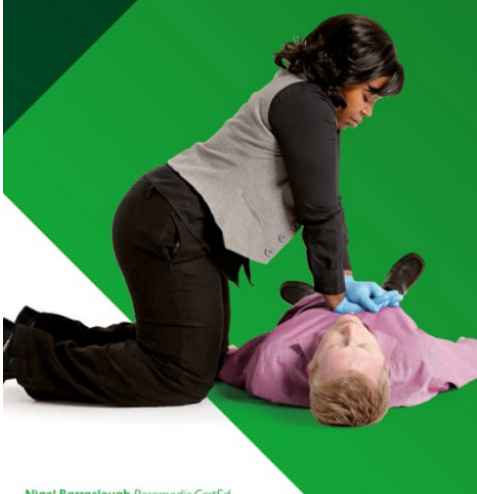
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First Aid Made Easy

A quick reference guide to emergency first aid procedures.



Nigel Barraclough Paramedic CertEd

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Emergency First Aid Made Easy: A Quick Reference Guide to Emergency First Aid Procedures

Combining clear, up-to-date information with real-life images and diagrams, the Quallsafe.com range of first aid training books are renowned for making learning as simple as possible. Not only are Quallsafe.com the trusted provider of learning materials for over 8 million people throughout the UK, they are the exclusive supplier for the NHS Ambulance Service training department and other well established organisations such as Royal Mail and Nuffield Health. Written by an experienced Paramedic and the UKs leading first aid author, Nigel Barraclough, the Emergency First Aid Made Easy book perfectly complements shorter first aid courses and is specifically designed to cover all of the learning outcomes for the Emergency First Aid at Work qualification. What is more, this comprehensive, quick reference guide has a logical, easy to understand layout with an emergency index on the cover to allow you to quickly find what you are looking for. Topics covered include: CPR, Using an AED, Heart Attack, Recovery and Spinal Recovery Position, Asthma, Diabetes, Choking, Stroke, Burns, Wound Packing, Seizures and Tourniquets, plus much more.

- Our ongoing venue training is provided by first aid trainer qualified staff.
- This training covers – Everything in the “Emergency First Aid made easy booklet”

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- First aid training is delivered monthly which includes seizures.

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16 Emergency life-saving procedures

Seizures

Many things can cause a seizure – including epilepsy, reduced oxygen to the brain, stroke, head injury, or even a high temperature (*common in young children*).

A major seizure often goes through a pattern:

'Tonic' phase Muscles suddenly become rigid. The casualty may let out a cry and will fall to the floor. The back may arch and the lips can go blue. This phase typically lasts less than 30 seconds.


'Clonic' phase The arms and legs make sudden, rhythmical jerking movements, eyes may roll, teeth may clench, saliva can drool from the mouth (*sometimes blood-stained after biting the tongue*) and breathing could be noisy like snoring. There could be loss of bladder or bowel control. This phase typically lasts less than 2 minutes.

Recovery The seizure stops but the casualty may still be unresponsive. They should wake within a few minutes but might not be 'alert' for 20 minutes or so.

Treatment

During the seizure

- Move dangerous objects away and gently protect the head with a folded coat or your hands.
- Note the time and duration of the seizure.
- Loosen any tight clothing around the neck.
- **Call 999/112 for emergency help if:** the seizure lasts longer than 5 minutes, they have a second seizure, they have become injured or this is the casualty's first ever seizure.



After the seizure

- Open the **Airway** and check for normal **Breathing**. Start CPR if needed (*page 8*) or place them in the recovery position (*page 15*).
- Move bystanders away to protect modesty.
- **Call 999/112 for emergency help** if you can't wake them up within 5 minutes.
- Constantly monitor **Airway** and **Breathing**.

NEVER place anything in the mouth.
NEVER try to restrain the casualty.

Please note that this response constitutes full release under the Freedom of Information (Scotland) Act 2002.