

## Group Activity

Event date:

Start time:

Finish time:

Location:

Assessment completed by:

Date of assessment:

| What are the hazards?  | Who might be harmed and how?   | What action has been taken to manage risk?  | Action by whom? | Action by when? | Done. |
|--|--|---|-----------------|-----------------|-------|
| Eg: Slipping / tripping / vehicle & cycle collision / carrying of hot drinks / mobility issues / illness-associated hazards. | Participants & volunteers.<br><br>Physical harm / injury / disorientation / getting lost / ill-health etc. | <p><b>Risk identification</b><br/>Areas scrutinised prior to event.</p> <p><b>Action taken to minimise risk</b></p> <ul style="list-style-type: none"> <li>Identify &amp; list all potential hazards and avoidance steps</li> <li>Identified risks &amp; avoidance recommendations made where necessary to participants &amp; volunteers</li> <li>Ensured availability of Epilepsy Action's 'First aid for epileptic seizures' factsheet (1)</li> <li>List of participants on day collated and risk assessed</li> </ul> |                 |                 |       |

**Covid-19: Until further notice all risk assessments must ensure adherence to UK Government Covid-19 guidance/rules.**

### Notes

- See page 3 re first aid info in the event of epileptic seizure. Useful to promote awareness/have available at all activities/events to ensure best practice/appropriate response if necessary.
- See highlighted participants: all emergency contact numbers need to be recorded and be available at all group meetings

Last updated 23.10.20



# First aid for epileptic seizures

Remember

## ACTION

for tonic-clonic seizures:

### A

**Assess**  
Assess the situation – are they in danger of injuring themselves? Remove any nearby objects that could cause injury

**Tonic-clonic seizures**  
(used to be called 'grand mal')  
The person goes stiff, loses consciousness, falls to the floor and begins to jerk or convulse. They may look a little blue around their mouth from irregular breathing. Tonic-clonic seizures can last a few minutes. A tonic-clonic seizure is the seizure you are most likely to come across. There are many others. Visit [epilepsy.org.uk](http://epilepsy.org.uk) to find out more.

### C

**Cushion**  
Cushion their head (with a jumper, for example) to protect them from head injury

### Call an ambulance if:

- You know it is a person's first seizure **or**
- The seizure lasts for more than five minutes **or**
- One seizure appears to follow another without the person gaining consciousness in between **or**
- The person is injured **or**
- You believe the person needs urgent medical attention

### T

**Time**  
Check the time – if the jerking lasts longer than five minutes you should call an ambulance

### I

**Identity**  
Look for a medical bracelet or ID card – it may give you information about the person's seizures and what to do

### O

**Over**  
Once the jerking has stopped, put them on their side. Stay with them and reassure them as they come round

### N

**Never**  
Never restrain the person, put something in their mouth or try to give them food or drink



#### Epilepsy Action

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Epilepsy Action is a working name of British Epilepsy Association.  
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