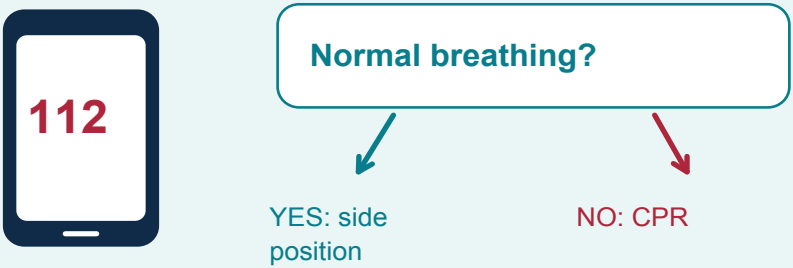
Loss of consciousness

First aid for collapse or fainting

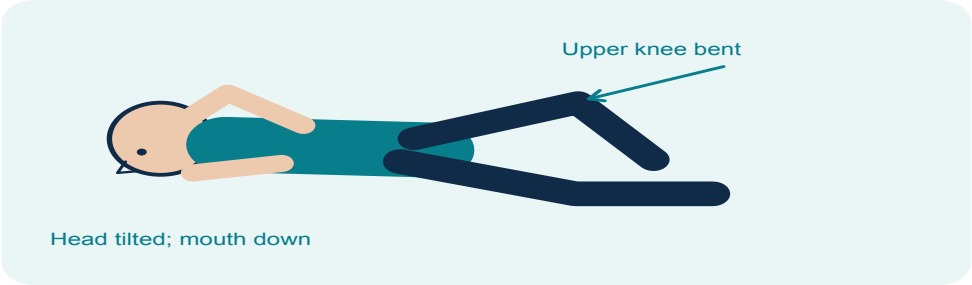


Unresponsive? Call 112 immediately

Check for danger, speak loudly and gently tap the shoulders. If there is no response, call 112 on speakerphone.

Open the airway and check breathing for no more than 10 seconds. Gasping or occasional irregular breaths are not normal. Start CPR if breathing is not normal.

Breathing normally?



Side position is only for someone breathing normally.

Keep the airway open

Tilt the head back gently and lift the chin. Look for chest movement and listen and feel for breathing.

If unresponsive but breathing normally, place the person on their side in the recovery position. Keep checking breathing.

How to turn an adult

Put the nearer arm out at a right angle. Bring the far hand to the near cheek and hold it there. Bend the far knee, then pull it gently to roll them towards you.

Support the head, tilt it back to keep the airway open and point the mouth downwards. Bend the upper knee to stabilise the position.

Possible neck or back injury?

Avoid unnecessary movement, but the airway comes first. Follow 112 advice; with help, keep the head and spine aligned when turning.

After a faint

If they are fully awake

Help them lie down, with legs raised if comfortable and there is no injury or breathing difficulty. In later pregnancy, use the left side.

Let them recover before slowly sitting up. Do not give food, drink or medicine until fully alert and swallowing normally.

Get emergency help for warning signs

Call 112 for incomplete recovery, chest pain, palpitations, new speech or movement problems, serious injury, or collapse during exercise or while lying down.

Arrange a review

An unexplained faint or repeated episodes needs medical assessment. Record symptoms, duration and recovery. Ask about driving safety before driving again.

What happened before the collapse

Duration / breathing / recovery

Medicines and previous episodes

Your clinic and care plan

Healthway Medical Centre
9 Mdina Road, Ħaż-Żebbuġ
ZBG 9015, Malta
+356 2033 1155
Mobile: +356 9952 5356
info@healthwaymalta.com
www.healthwaymalta.com

Mon-Fri 09:00-12:00 & 16:00-20:00
Saturday / public holidays 09:00-14:00
Sundays closed, including public holidays.

For emergencies, call 112. Do not wait for an email or clinic reply.

Medical review plan

Emergency contact

Guidance and further reading

Resuscitation Council UK: Adult basic life support 2025
British Red Cross: Unresponsive and breathing
St John Ambulance: How to use the recovery position
NHS: Fainting

Approved for publication 30 October 2026. Original illustrations; general information, not an individual diagnosis. Follow advice from your treating team.