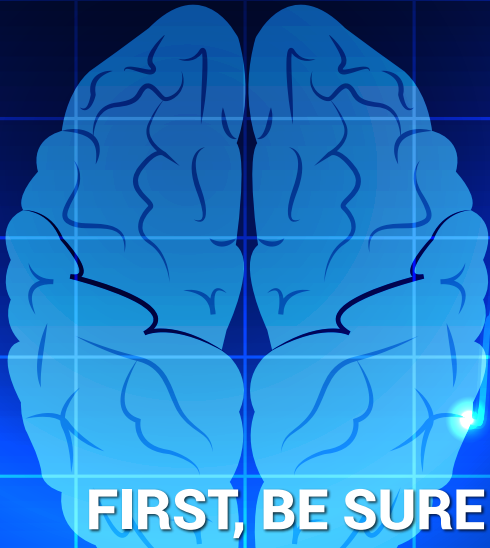


# HOW TO HANDLE A SEIZURE AT THE GYM



**FIRST, BE SURE THAT YOUR CLIENT HAS GOTTEN THE OK FROM A DOCTOR TO BE WORKING OUT.**

The gym can be a dangerous place to have a seizure. If you see the signs that a seizure is imminent, there are some important things to do and not to do:

- Most importantly, clear away anything your client hit his head on or bang into if he falls and experiences spasms.
- If you have enough warning, you can also help get your client to the ground to avoid a fall.
- Never hold down a person having a seizure.
- Also very important to NOT do is put anything in your client's mouth. Do not give water or medications until the seizure is over and your client is fully alert again.
- Stay by your client for the duration of the seizure to help keep objects and people out of the way.
- If a seizure lasts longer than five minutes, call for medical help.
- Watch your client's breathing.
- Look for a medical identification tag, and follow any directions on it.
- Stay calm, and keep others calm around you.

As your client starts to come around, explain what is happening—post-seizure, a person may be confused or agitated.