Fainting in the laboratory

- Prolonged standing combined with hunger and/or dehydration have contributed to undergraduate students fainting in several labs at SFU;
- Encourage students to stay hydrated and to eat **before** coming to the laboratory;
- If students are required to stay still for long periods of time (e.g. during demos, pre-lab talks) encourage these maneuvers (see diagrams) to increase blood pressure:
  - crossing legs and squeezing them together
  - squatting
  - clasping hands together and pulling

Things to consider

- Most injuries from fainting are the result of a fall;
- An existing medical condition can cause people to faint but other triggers include: a hot environment, anxiety, fear, pain, emotional stress, hunger, dehydration, and/or prolonged standing;
- Symptoms preceding a faint include: feelings of warmth, nausea, lightheadedness, visual "grayout"/tunnel vision, turning pale, becoming dizzy and feeling clammy;
- If a student reports feeling either lightheaded or like they might faint, have them lie down, elevate their feet above their head, **contact Campus Security immediately and submit an incident report to ERHS**;
- Report HVAC system concerns (extreme temperatures and/or poor air quality) to Facilities Services to prevent any environmental conditions that could trigger fainting.