About me		
My name is:		
My contact r	number is:	
In an emerg	ency please call	
Name:		
Contact num	ber:	
This is what	usually happens	to me in a seizure:
Mv seizures	usually last for	minutes
	usually last for	minutes
		minutes to recover
It takes me		to recover
It takes me	minutes	to recover
It takes me	minutes	to recover
It takes me	minutes	to recover
It takes me	minutes	to recover
It takes me	minutes	to recover
It takes me	minutes g a seizure you ca	to recover in help me by:
It takes me If I am havin	minutes g a seizure you ca	to recover in help me by: ny harm during a seizure o
It takes me If I am havin Most people need to go	minutes g a seizure you ca	to recover in help me by: ny harm during a seizure o doctor.
Most people need to go:	minutes g a seizure you ca e do not come to ar to hospital or see a	to recover in help me by: ny harm during a seizure o doctor. nce if:
Most people need to go: Please dial I have inj I have tro	minutes g a seizure you ca e do not come to ar to hospital or see a ggg for an ambular ured myself during uble breathing afte	to recover in help me by: ny harm during a seizure of doctor, nce if: the seizure; or the seizure;
Most people need to go: Please dial I have inj I have tro	minutes g a seizure you ca e do not come to ar to hospital or see a ggg for an ambular ured myself during	to recover in help me by: ny harm during a seizure of doctor, nce if: the seizure; er the seizure;

About me	
My name is:	
My contact num	ber is:
n an emergency	y please call
Name:	
Contact number:	
This is what usu	ally happens to me in a seizure:
M. calauras	ally last for minutes
My seizures usu	to the second se
t takes me	minutes to recover
flam having a	seizure you can help me by:
i i aini naving a	
r r ann navnig a	
r ann naving a	
Tall llaving a	
T ann naving a	
Most people do	not come to any harm during a seizure or
Most people do need to go to ho	ospital or see a doctor.
Most people do need to go to ho Please dial 999	ospital or see a doctor. for an ambulance if:
Most people do need to go to ho Please dial 999 • I have injured	ospital or see a doctor. for an ambulance if: I myself during the seizure;
Most people do need to go to ho Please dial 999 • I have injured • I have trouble	ospital or see a doctor. for an ambulance if:

Health and safety risk assessment

Some questions that might come up during a health and safety risk assessment	Some a	uestions	that migh	t come up	during a	health	and safety	v risk assessme	nt:
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What happens to you when you have a seizure?

Are your seizures controlled?

How often do you have seizures?

Do they happen at a particular time of day?

Do you have them when you are awake, asleep, or both?

Is there anything that makes your seizures more likely, such as lack of sleep, tiredness, stress, hormonal changes, flashing or flickering lights or patterns?

Do you get a warning before a seizure?

Do you have medication to take should you experience a seizure?

How long do your seizures last?

How do you feel afterwards?

How long does it take you to recover?

Do you need any first aid/specific care during/ following a seizure?

How can we help should you have a seizure?

Reference:

Epilepsy in the Workplace https://www.tuc.org.uk/sites/default/files/EpilepsyInTheWorkplace.pdf