

What does BE FAST stand for in First Aid?

BE FAST stands for:

- **B: Balance:** Look for signs of a sudden loss of balance. Does the person have difficulty standing or feel dizzy and unsteady on their feet?
- **E: Eyes:** Is the person experiencing blurred vision or a sudden loss of vision? Or are the eyes shifting back and forth?
- **F: Face:** Look for signs of facial weakness or drooping, usually on one side. Can the person smile?
- **A: Arms:** Look for signs of arm weakness. Can the person lift both arms fully? Can they squeeze both hands into a fist?
- **S: Speech:** Listen for signs of speech problems. Is the person slurring their words or struggling to repeat simple sentences? Can they understand what you are saying?
- **T: Time:** If any of the above symptoms are present, it is time to call the emergency services and seek immediate medical attention.



First Aid Fast

A Loxley



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