

HYPERVERTILATION

DISCLAIMER:

*The information contained in this document has been compiled from sources believed to be reliable at the time and is presented here as a study aid and for general information use only. This information is not intended to **replace** or **supercede** the information or procedures outlined in your first aid textbook, other officially issued study materials or government published acts or legislative documents.*

Whilst every effort has been made to ensure that the information is accurate at the time of publication, the authors are not responsible for any loss, liability, damage or injury that may be suffered or incurred by any person in connection with the information contained on this site, or by anyone who receives first aid treatment from a reader or user of this information.

Hyperventilation - when breathing is faster and deeper, a person may say their heart is pounding or they do not have enough air or having trouble swallowing. Their pulse is fast and skin colour is usually okay, but headache, chest pains, dizziness, tingling and shaking may be present.

First aid for hyperventilation:

The goal is to calm the person down and make them as comfortable as possible by reassuring, encouraging and motivating them as much as possible so their respiration rate can lower. Ask them to breathe with you and try to follow your normal deep breathing rate. If person does not calm, call for medical help.