



## Maneuvers to prevent fainting

### Handgrip

Squeeze a rubber ball (approximately 5 to 6 cm in diameter) by your dominant hand for as long as possible or until your symptoms go away.



### Arm-tensing

Grip one hand with the other and pull against each other for as long as possible, or until your symptoms go away.



### Leg crossing

Cross your legs. Then tense your leg, abdominal and buttock muscles for as long as possible or until your symptoms go away.

