Lift College

BENEDICT'S LAW · ALLERGY SAFETY IN SCHOOLS

Anaphylaxis: what to do

Adrenaline within 5 minutes. Call 999. Stay with them.

Airway

Swollen throat or tongue, tight throat, hoarse voice, difficulty swallowing

Breathing

Sudden wheezing, difficulty breathing, persistent cough, noisy breathing

Circulation

Feeling faint or dizzy, pale clammy skin, sudden sleepiness, confusion, collapse

If in doubt, treat it as anaphylaxis. It can start without any skin signs.

1. **Lie them flat with legs raised**
   If breathing is difficult they may sit up. Do not let them stand or walk.
2. **Bring the adrenaline to them**
   Never move the person to the adrenaline.
3. **Give adrenaline within 5 minutes**
   Use their own device first. If it is missing or misfires, use the school's spare.
4. **Call 999 and say "anaphylaxis"**
   Straight away. Do not wait for the ambulance before giving adrenaline.
5. **No better after 5 minutes? Give a second dose**
   Use a second device.
6. **Stay with them for at least 1 hour**
   Follow their Allergy Action Plan and contact their parent or carer.

Never give a reliever inhaler instead of adrenaline, even if the pupil has asthma.

Spare adrenaline auto-injectors: in pairs, unlocked, labelled, where everyone knows.
Based on the Department for Education's statutory guidance, Allergy safety in schools (July 2026).
Free staff training: liftcollege.co.uk/resources/benedicts-law

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The CPD Standards Office
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