




# NON-FATAL STRANGULATION






HEDDLU  
GOGLEDD CYMRU  
NORTH WALES  
POLICE

## SIGNS

- Red eyes or spots (Petechiae)
- Loss or lapse of memory 
- Neck swelling
- Nausea or vomiting
- Unsteady 
- Urinated
- Defecated
- Possible loss of consciousness
- Ptosis - droopy eyelid
- Droopy face
- Seizure
- Tongue injury
- Lip injury 
- Mental status changes
- Voice changes

## SYMPTOMS

- Neck pain
- Jaw pain
- Scalp pain (from hair pulling)
- Sore throat 
- Difficulty breathing
- Difficulty swallowing
- Vision changes (spots, tunnel vision, flashing lights)
- Hearing changes
- Light headedness 
- Headache
- Weakness or numbness to arms or legs
- Voice changes 

## CHECKLIST

# S

**Scene & Safety.** Take in the scene. Make sure you and the victim are safe.

# T

**Trauma.** The victim is traumatized. Be kind. Ask: what do you remember? See? Feel? Hear? Think?

# R

**Reassure & Resources.** Reassure the victim that help is available and provide resources.

# A

**Assess.** Assess the victim for signs and symptoms of strangulation and TBI.

# N

**Notes.** Document your observations. Put victim statements in quotes.

# G

**Give.** Give the victim an advisal about delayed consequences.

# L

**Loss of Consciousness.** Victims may not remember. Lapse of memory? Change in location? Urination? Defecation?

# E

**Encourage.** Encourage medical attention or transport if life-threatening injuries exist.