

# Employer toolkit

Supporting employees with epilepsy in the workplace

## Myoclonic seizures – With references

### Signs and symptoms

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### What happens

- Myoclonic seizures cause sudden, short-lasting jerks. They usually last for a fraction of a second but can happen in clusters
- For most people myoclonic seizures cause one or both arms to jerk but sometimes the person's head or whole body can jerk
- The jerking can be mild, like a twitch or it can be forceful
- They often happen in the morning, after waking up
- If a jerk is very forceful the person might throw or drop anything they are holding and might fall over
- They can be very frustrating and result in spilt drinks or accidents

### What happens afterwards

After a myoclonic seizure people will usually have no problem getting back to what they were doing straight away. If there has been an accident or injury because of the seizure, this might need attention and recording in an accident book.

### How to help

For how to help someone who is having a myoclonic seizure, go to the first aid for seizures information.

[Myoclonic seizure first aid](#)

## References

There are no references for this information.

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### [employers.epilepsy.org.uk](https://employers.epilepsy.org.uk)

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