

How to Place a Breathing Casualty into Recovery Position



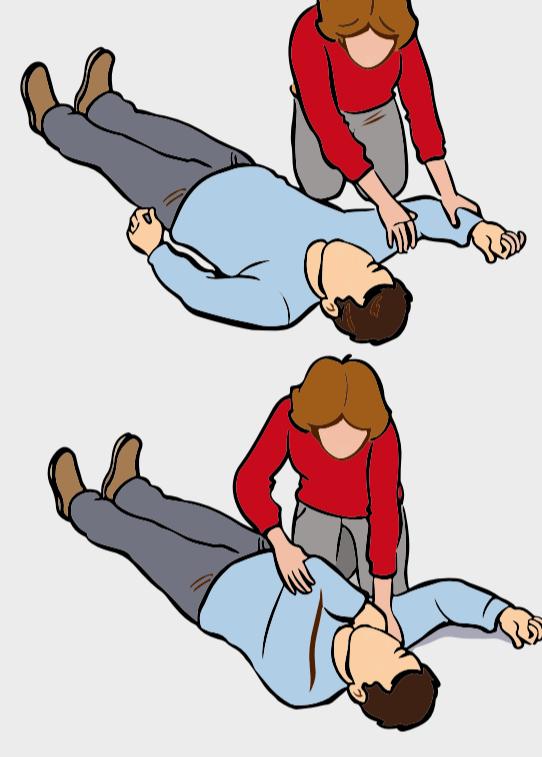
Recovery Position is a safe position to place an unresponsive, breathing casualty (who has no other life-threatening conditions) into.

It keeps their airway open and clear, and enables them to continue to breathe.

Approach the casualty if it is safe for you to do so. Phone 999 (landline) or 112 (mobile) for emergency help.

1-3

1. With the person lying on their back, kneel on the floor at their side.
2. Place the arm nearest to you into the STOP POSITION.
3. Bring their other arm across and place the back of their hand on their cheek. Keep hold of that hand.



4. Bring the leg furthest away from you into the bending position with your free hand.
5. Make sure their foot is flat on the floor.
6. Carefully turn them towards you by placing gentle pressure on their thigh, until they are lying on their side.
7. The bent arm should be supporting the head, and their bent knee should now be resting on the floor. Bring this bent knee up to a right angle to prevent them rolling on their front.

4-7

8

8. Make sure the airway is open and the casualty is still breathing. Continue to observe and monitor until other help arrives.

