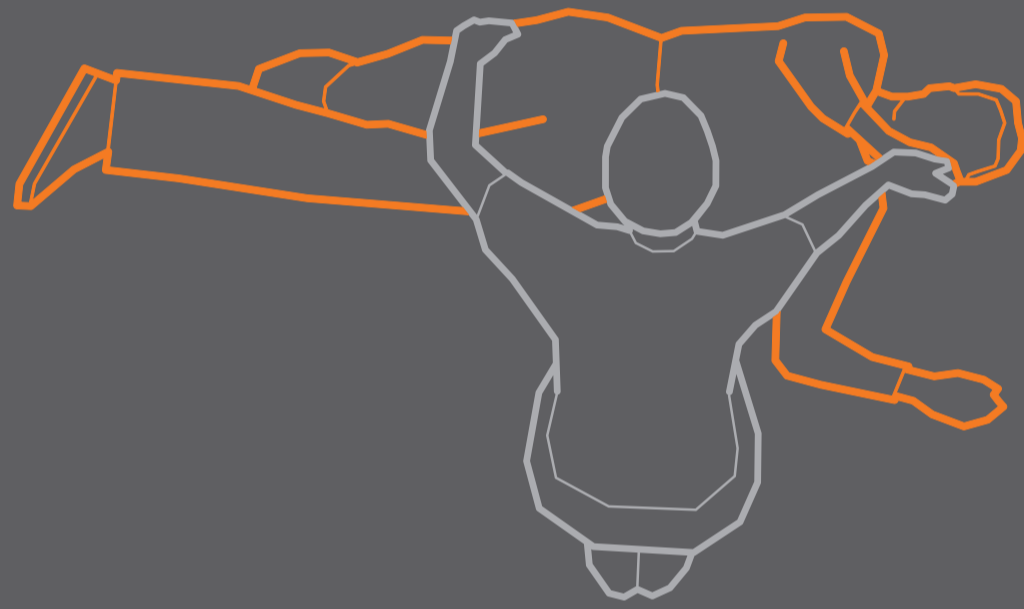




THE RECOVERY POSITION

If someone is unconscious and breathing put them in the recovery position



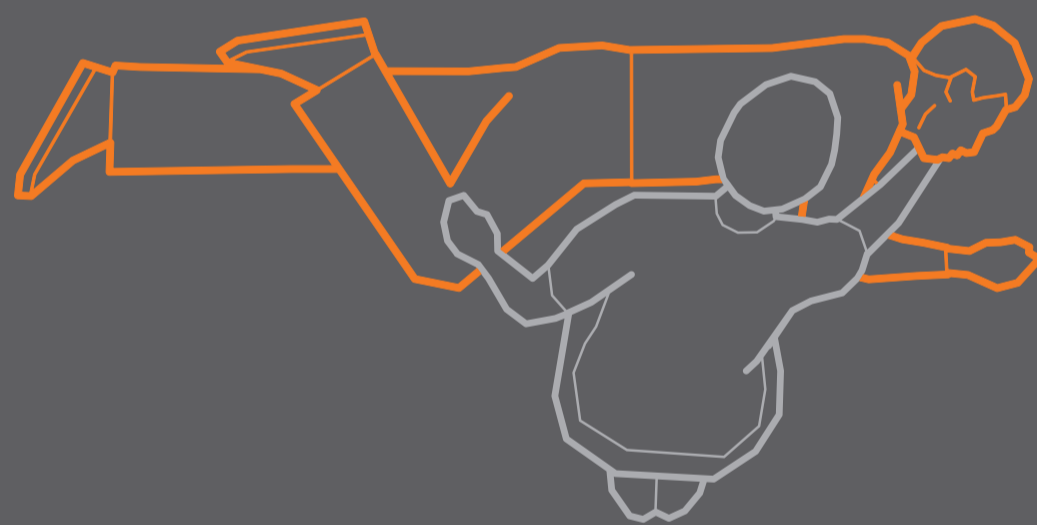
1

Open their airway by tilting the head back and lifting the chin.

Straighten the legs.

Place the arm nearest to you at right angles to their body.

Pull the arm furthest from you across their chest and place the back of their hand against the cheek nearest to you.



2

Get hold of the far leg, just above the knee.

Pull it up, keeping the foot flat on the ground.

Keep their hand pressed against the cheek and pull on the upper leg to roll them towards you, and onto their side.



3

Tilt the head back to ensure they can breathe easily.

Make sure that both the hip and the knee of the upper leg are bent at right angles.

Dial 999 and ask for an ambulance

Stay with them until the ambulance arrives

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