



The recovery position

Unresponsive but breathing normally? On their side the airway stays open and fluids drain away, not down.

1

Nearest arm up and out of the way.

Wherever it naturally goes, so it doesn't get squashed in the turn.

2

Far hand against their cheek. Keep yours there.

Link fingers, back of their hand to their cheek, all the way through the turn.

3

Far knee up, then pull it towards you.

Foot close to their bottom. The bent leg is your lever: any size casualty turns.

4

Open the airway. Keep watching the breathing.

Chin off the chest. Hand in front of the face, eyes on the rise and fall of the chest.

DETAILS THAT MATTER

- ✓ Empty bulky pockets, take glasses off
- ✓ Injured side down, where possible

ONE RULE ABOVE ALL

- ✗ Heavily pregnant? Always onto her **LEFT** side
- ✗ Stops the bump cutting blood supply to mum and baby

In an emergency call 999