READY AT HOME · FIRST AID CARD

Recovery position

For someone who doesn't respond but is breathing

EMERGENCY
112 or 999
Any phone, any network, free

Signs to look for: use the recovery position when someone

- **doesn't respond** to your voice or a tap on the shoulders, **but**
- **is breathing normally**.

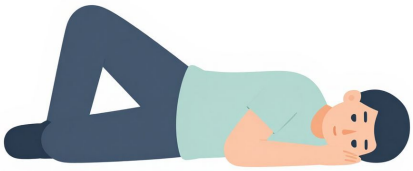
Lying on their side keeps the airway clear and lets fluid drain from the mouth. Call **112 or 999**, or ask someone else to.



1. Open the airway: hand on the forehead, two fingers lifting the chin.



2. Far arm across, far knee up, roll them towards you.



3. On their side: top knee bent, head tilted back, hand under cheek.

1. Kneel beside them. Take off glasses and remove bulky items from pockets.
2. Place the arm nearest you out at a right angle, elbow bent, palm up.
3. Bring the far arm across their chest. Hold the back of that hand against their cheek.
4. With your other hand, pull up the far knee so the foot is flat on the floor.
5. Keeping their hand at their cheek, pull on the knee to roll them towards you onto their side.
6. Bend the top leg so hip and knee are at right angles. Tilt the head back slightly to keep the airway open.
7. Stay with them and keep checking their breathing until help arrives.

If their breathing stops being normal

Roll them onto their back, call 112 if nobody has, and start CPR.

If you think they've hurt their neck or back

Only move them if you need to, for example to keep the airway clear or to get them away from danger. Support the head in line with the body as you roll them.

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