

STEP-BY-STEP GUIDE TO PUTTING SOMEONE IN THE RECOVERY POSITION



1 KNEEL BESIDE THE PERSON



2 STRAIGHTEN THEIR ARMS AND LEGS



3 FOLD THE ARM CLOSEST TO YOU OVER THEIR CHEST



4 PLACE THE OTHER ARM AT A RIGHT ANGLE TO THEIR BODY



5 GET THE LEG CLOSEST TO YOU AND BEND THE KNEE



6 WHILE SUPPORTING THE PERSON'S HEAD AND NECK, GENTLY TAKE THE BENT KNEE CLOSEST TO YOU AND VERY GENTLY ROLL THE PERSON AWAY FROM YOU. ADJUST THE UPPER LEG, SO BOTH THE HIP AND KNEE ARE BENT AT RIGHT ANGLES. ENSURE THE PERSON IS STEADY AND CANNOT ROLL.



7 TILT THE HEAD BACK AND MAKE SURE AIRWAYS ARE CLEAR AND OPEN