

The Recovery Position

Body & health

When to use it, and the sequence for getting someone into it.

Educational reference for people who have done a first-aid course. Take the training.

1

Check it applies

Unresponsive AND breathing normally. If not breathing, start CPR instead.

2

Kneel beside them

Place the near arm out at a right angle, palm upward.

3

Far arm across the chest

Back of their hand against the near cheek. Hold it there.

4

Bend the far knee

Foot flat on the ground.

5

Roll toward you

Pull on the bent knee. Adjust so the airway stays open.

THEN

Call emergency services if not already done

Check breathing continuously

Turn to the other side after 30 minutes

If a spinal injury is suspected, only move them if the airway cannot otherwise be kept open. Follow your training.