

RECOVERY POSITION

Recovery position

By the end of this session you will be able to:

- identify when the recovery position should be used
- place an unresponsive casualty in the recovery position.

Recovery position for adults

<http://www.sja.org.uk/sja/first-aid-advice/loss-of-responsiveness/unresponsive-and-breathing/adult.aspx>

Recovery position for child

<http://www.sja.org.uk/sja/first-aid-advice/first-aid-for-parents/unresponsive-and-breathing/unresponsive-breathing-child.aspx>

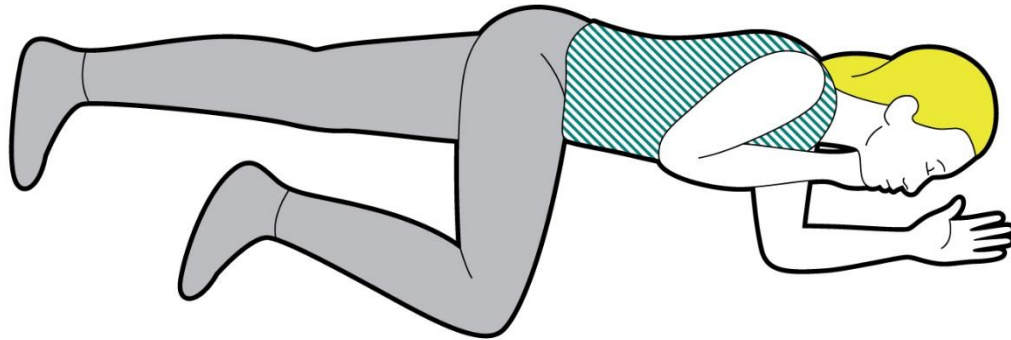
Recovery position for baby

<http://www.sja.org.uk/sja/first-aid-advice/first-aid-for-parents/unresponsive-and-breathing/unresponsive-breathing-baby.aspx>

Recovery position

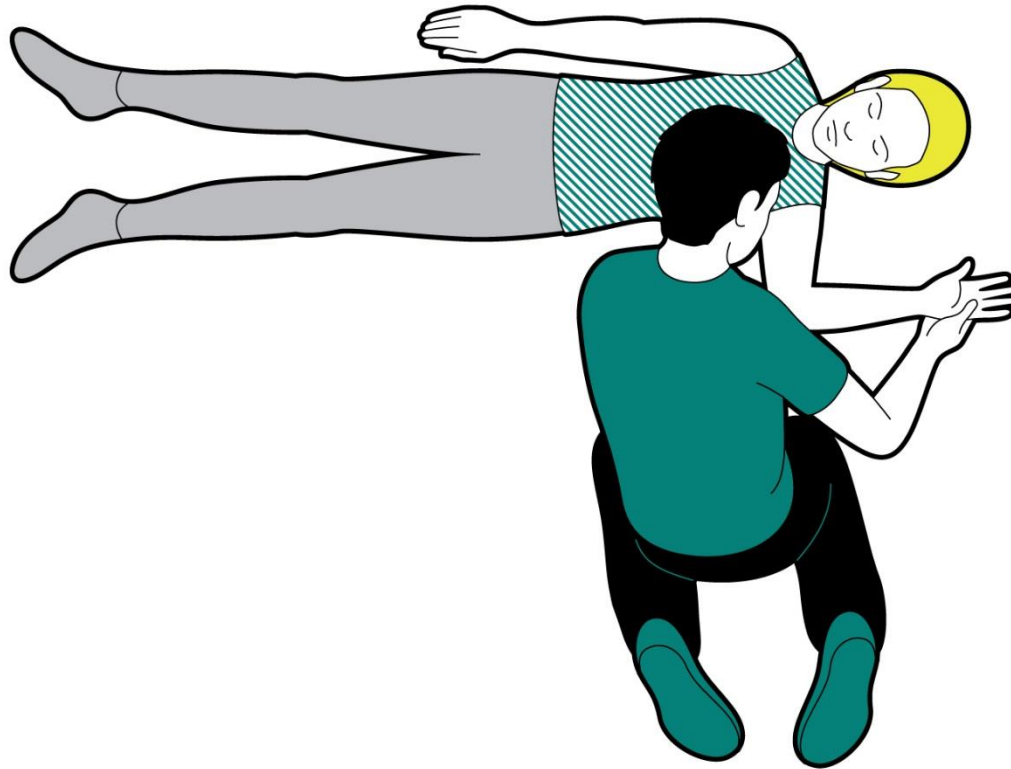
The position is used for unresponsive, breathing casualties.

It maintains an open airway so the casualty can breathe.



Recovery position

1. Place the arm nearest to you at right angles to the casualty's body.



Recovery position

2. Bring the other arm across the casualty's chest and hold the back of their hand against the cheek closest to you. Keep holding their hand there.

Recovery position

3. Lift the leg furthest away from you until the foot is flat on the floor. Keep your hand on top of their knee.



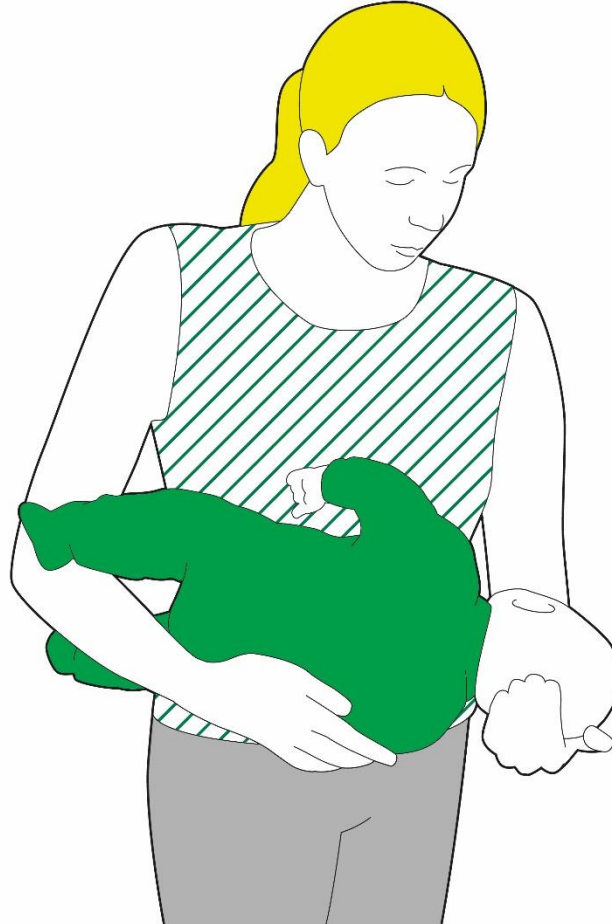
Recovery position

4. Pull on their knee and roll the casualty towards you into the recovery position.

Recovery position

5. Position the upper leg to stop the casualty from rolling on their front. Reopen the airway.

Recovery position for babies



WHAT TO DO IF YOUR BABY IS UNRESPONSIVE

1. Check for a response

- Tap their foot and call their name
- If they don't respond, call for help



2. Open their airway

- Gently tilt the head back



3. Check for breathing

- Look, listen and feel for no longer than 10 seconds



4. If they are breathing

- Hold them in the recovery position



If they are not breathing

- Call 999/112 for emergency help
- Begin CPR.

