

Recovery Position

1. Check Scene Safety
2. Try to Rouse Casualty.
"Hello, hello can you hear me? I'm a first aider."
3. Check Casualty's breathing by using the Head Tilt Chin Lift method.
4. Quickly check for any other life threatening injuries. Check for keys, wallets, items in pockets at this stage. Remove glasses also and put in a safe place.
5. Place arm closest to you in waving position.
6. Place opposite leg bent with the casualty's foot under the hollow of the closer knee. Remember to hold the bent knee, otherwise it will fall.
7. Whilst holding the knee with your hand, pick up their opposite hand and hold it palm to palm.



8. Bring the palm to palm hand up to the closest cheek, with the back of their hand on their cheek and the back of your hand facing the ground.



9. Inform the casualty that you are going to roll them towards you.

“Prepare to Roll, And, Roll.”

10. Use the knee as leverage and *“pull”* it towards you. Do this in one movement and smoothly, remember this is a person not a doll. Caress the head as it moves.



11. Let go of the knee first and the head last. The head is the most delicate so it's always last.



12. Re-open the airway using an altered Head Tilt Chin Lift method.

13. Move the *“lever leg”* up to a 90 degree angle for stability.



14. Cover casualty with blanket.

Note: If the patient is found lying face down already there is no need to turn them on their back to start this from the beginning. Alter their position so their airway is open and turned to the side and they are stable. Also, if the casualty has fallen from a height or has a suspect neck injury it maybe best not to move them unless their life is in immediate danger.