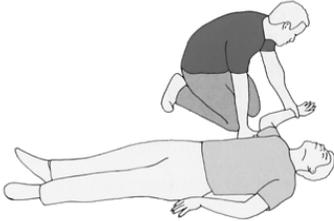
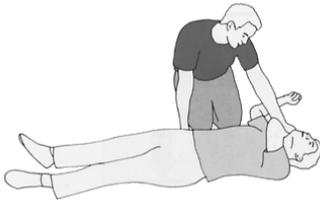


How to put a casualty in the recovery position

Airway and breathing must always come first, however it is important to check for injuries before moving a casualty.



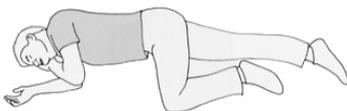
Position the arm



Support the head with the casualties other hand



Lift the knee and use it to roll the casualty



Check the casualty is stable and breathing

Before moving

If a neck injury is suspected it is better to get help in moving the casualty. Support the head and neck whilst turning the casualty. If only one first aider is present and the casualty **MUST** be moved try to avoid excessive head and neck movement.

Recovery position

There are 2 dangers to the casualty when they are laid on their back; choking on body fluids and the tongue falling back into the airway and blocking it. To prevent this, the casualty should be placed in the recovery position.

- Check for danger to the casualty e.g. glasses, broken glass and sharp objects in the pocket.
- Place the arm nearest to you in the 'stop the traffic' position; do not force the arm onto the floor.
- Bring the far leg upright
- Bring the far arm across the chest, checking the hand for rings and place the hand under the face; palm to palm.
- Keeping the hand under the head for support, pull on the knee of the far leg to roll the casualty towards you.
- Support the casualty on your knees to prevent them rolling too far.
- Adjust the upper leg so that it comes out from the body at right angles to stop the casualty from rolling forwards.
- Check the casualty is breathing and the mouth is pointing towards the floor; adjust the head position only if this is not achieved.
- Roll the casualty onto the other side if they are laid for more than 30 minutes.
- Check for breathing regularly.