



FIRST AID

THE RECOVERY POSITION

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When should the recovery position be used?

The recovery position is a first-aid technique used for a person who is unconscious but breathing normally.

It helps maintain an open airway and reduces the risk of aspiration (e.g. vomiting). Prefer placing the person on their **left side** in case of:

- Risk of vomiting,
- Pregnancy,
- Obesity.

If the position is maintained for more than **30 minutes**, turn the person onto the opposite side.

When should you NOT use the recovery position?

Use caution in case of suspected head or spinal injury. **Unnecessary movement may worsen injuries.**

In such situations:

- Keep the head and neck aligned,
- Avoid twisting movements,
- Monitor breathing until help arrives.



Preparation

Ensure safety

Make sure the environment is safe for both, you and the casualty.

Check responsiveness



Gently shake the casualty's shoulders and ask loudly if they are okay.

Call emergency services (112)



If the casualty is unconscious but breathing, call immediately and follow instructions.

Steps for the recovery position

- 1** **Kneel beside the casualty**
Ensure both legs are extended.
- 2** **Open the airways**
Gently tilt the head back and lift the chin.
- 3** **Position the arms**
Place the nearest arm at a right angle to the body, palm facing up.
Bring the far arm across the chest and place the back of the hand against the casualty's cheek.
- 4** **Bend the leg**
Bend the far leg and keep the foot flat on the ground.

- 5** **Roll the casualty onto their side**
Use the bent knee and hand to guide the movement safely. The upper leg should form a right angle. Ensure the elbow touches the ground.
- 6** **Stabilise the position**
Make sure the head is slightly tilted back to keep the airway open. Check breathing regularly.

