

Recovery Position Handout

The Recovery Position

- 1) Open the person's airway by tilting their head back and lifting their chin.
- 2) Straighten their legs.



- 3) Put the arm nearest to you at right angles to their body.
- 4) Pull the arm furthest from you across their chest and put the back of their hand against the cheek which is nearest to you.



- 5) Get hold of their far leg, just above the knee, and pull it up, keeping the foot flat on the ground.
- 6) Keep their hand pressed against their cheek.
- 7) Pull on their upper leg to roll them towards you, and onto their side.
- 8) Tilt their head back to make sure they can breathe easily.
- 9) Make sure that both the hip and the knee of their upper leg are bent at right angles.

