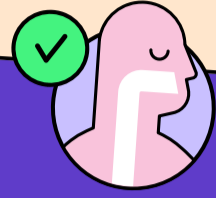


THE RECOVERY POSITION

Step-by-Step Guide

A person who's **unconscious but breathing** should be put in the **recovery position** to **keep their airway open** and **prevent choking**.

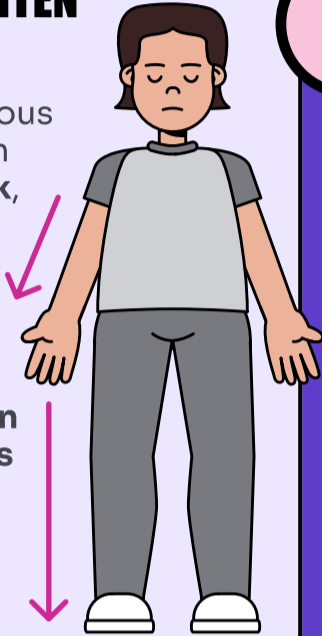


1

STRAIGHTEN

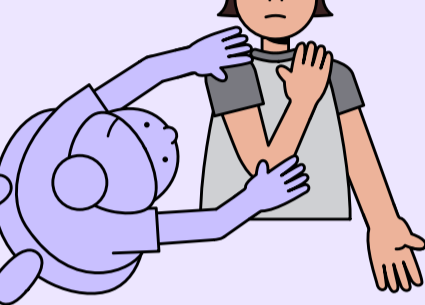
Lay the unconscious person on their **back**,

straighten their arms and legs.



2

FOLD

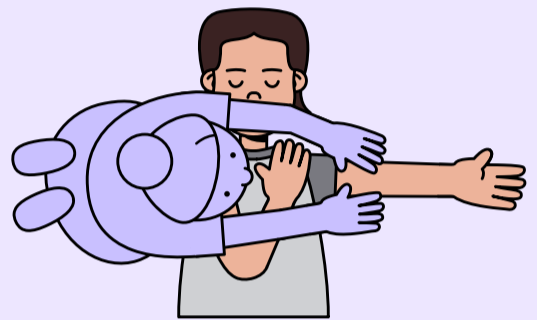


Kneel beside them.

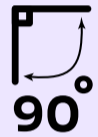
Fold the arm closest to you and place their **hand on the opposite shoulder**.

3

STRETCH



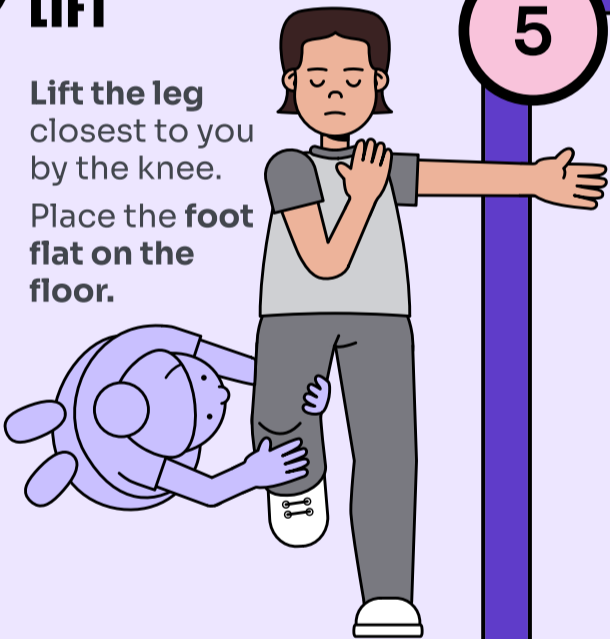
Stretch out the other arm at a **right angle** to the body.



4

LIFT

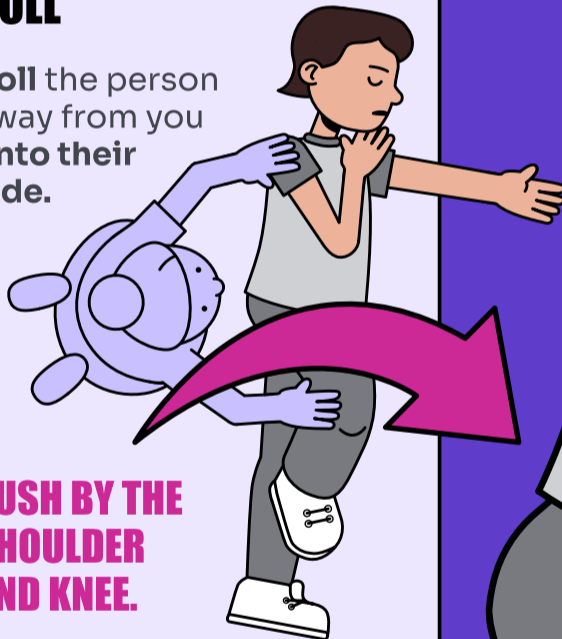
Lift the leg closest to you by the knee. Place the **foot flat on the floor**.



5

ROLL

Roll the person away from you onto their **side**.

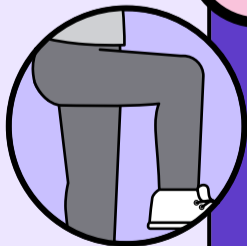


PUSH BY THE SHOULDER AND KNEE.

6

DOUBLE CHECK IF...

✓ The top leg is placed on the ground at a **right angle**.



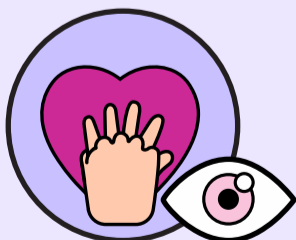
✓ The **airway is open**, with their hand under the chin.



7

ASSESS

Continuously assess their breathing status.



If they suddenly stop breathing, **START CPR**



CALL 000 IF SOMEONE IS UNCONSCIOUS