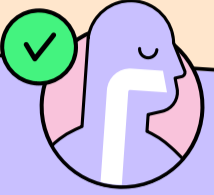


THE RECOVERY POSITION IN PREGNANCY

Step-by-Step Guide

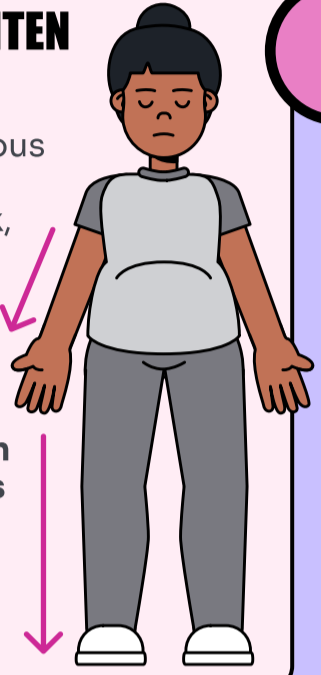
A pregnant person who's **unconscious but breathing** should be put in the **recovery position** to **keep their airway open** and **prevent choking**.



1

STRAIGHTEN

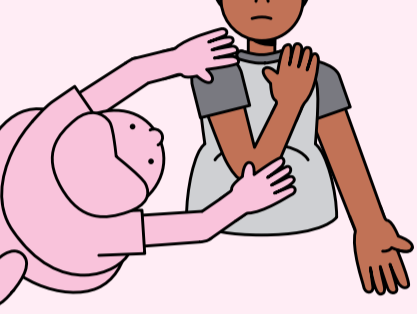
Lay the unconscious victim on their **back**,



straighten their arms and legs.

2

FOLD



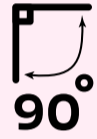
Kneel beside them.
Fold the arm closest to you and place their hand on the **opposite shoulder**.

3

STRETCH



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



4

LIFT

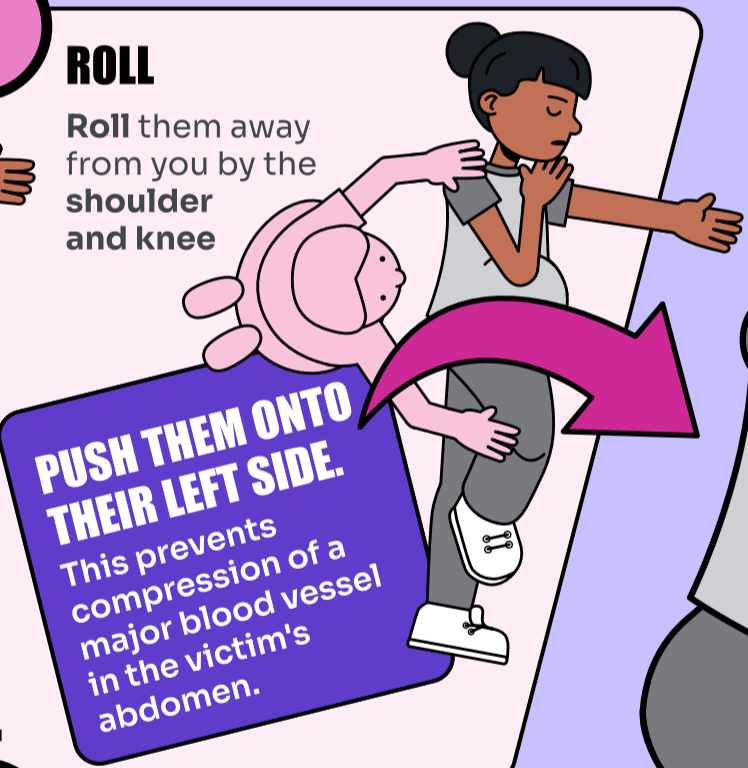
Lift the leg closest to you by the knee. Place the **foot flat on the floor**.



5

ROLL

Roll them away from you by the **shoulder and knee**



PUSH THEM ONTO THEIR LEFT SIDE.
This prevents compression of a major blood vessel in the victim's abdomen.

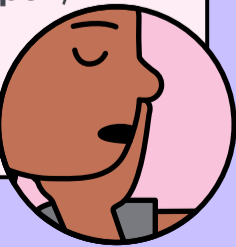
6

DOUBLE CHECK IF...

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



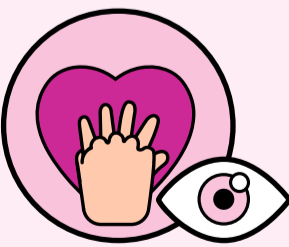
✓ The **airway is open**, with her hand under the chin.



7

ASSESS

Continuously assess their breathing status.



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



CALL 000 IF SOMEONE IS UNCONSCIOUS