Life Saving First Aid

CPR + First Aid Training

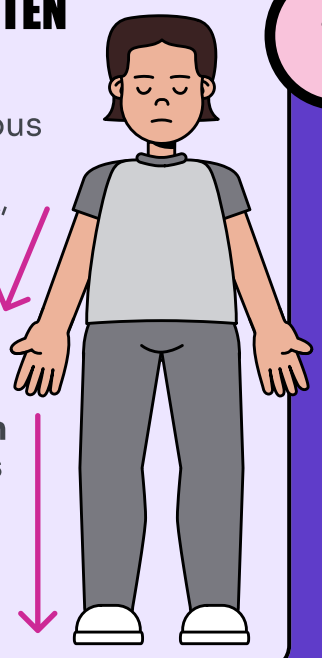
THE RECOVERY POSITION

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.**

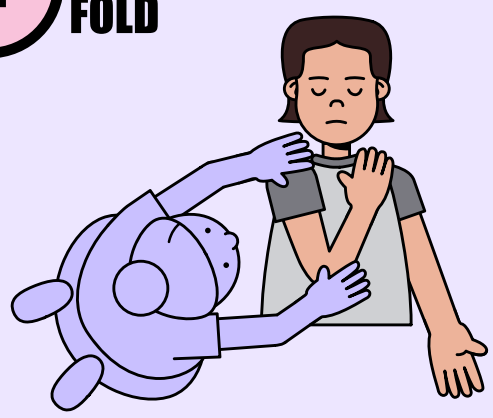
1 STRAIGHTEN

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



straighten their arms and legs.

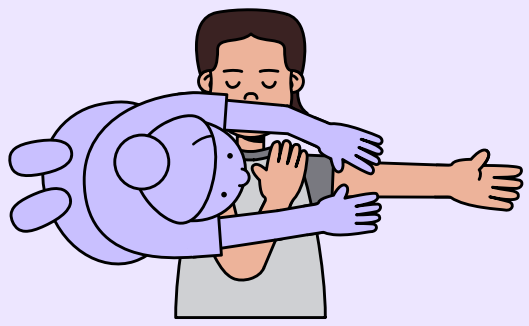
2 FOLD



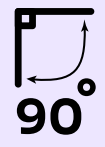
Kneel beside them.

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.



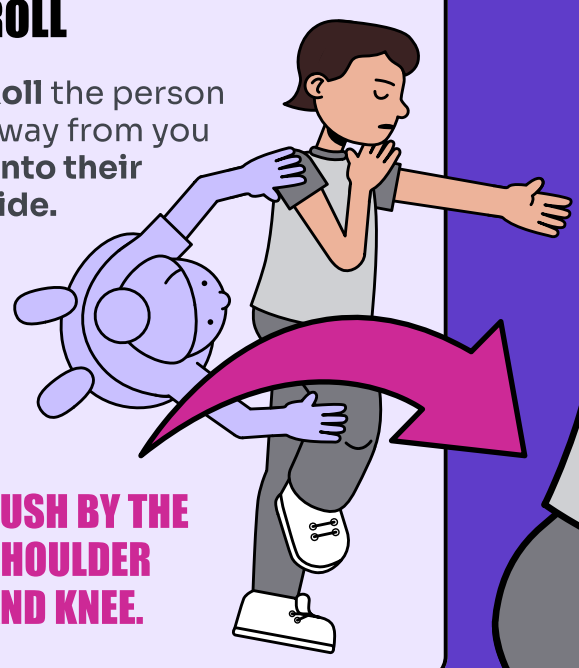
4 LIFT

Lift the leg closest to you by the knee.

Place the **foot flat on the floor.**

5 ROLL

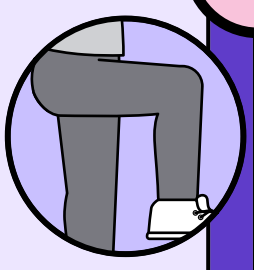
Roll the person away from you **onto their side.**



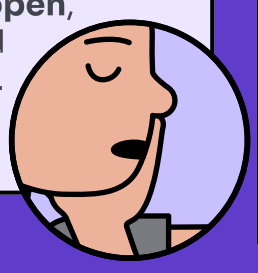
PUSH BY THE SHOULDER AND KNEE.

6 DOUBLE CHECK IF...

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

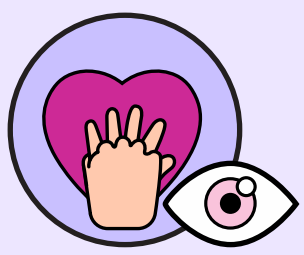


- **The airway is open**, with their hand under the chin.



7 ASSESS

Continuously assess their breathing status.



If they suddenly stop breathing,

START CPR

CALL 000 IF SOMEONE IS UNCONSCIOUS