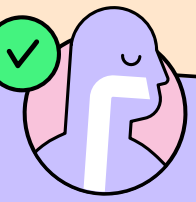
Life Saving First Aid

CPR + First Aid Training

THE RECOVERY POSITION IN PREGNANCY

Step-by-Step Guide

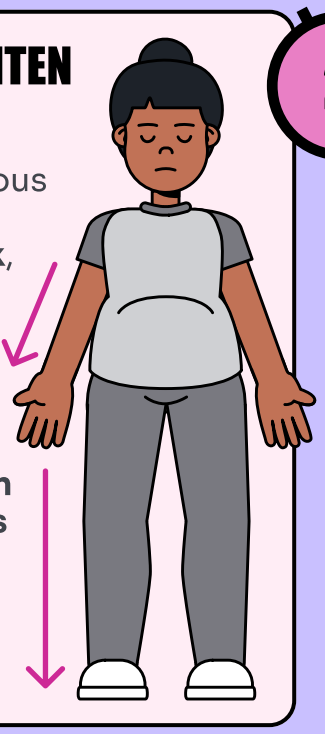
A pregnant person who's **unconscious but breathing** should be put in the **recovery position** to **keep their airway open** and **prevent choking.**



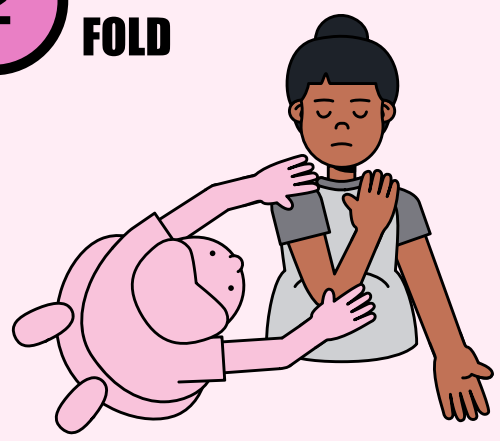
1 STRAIGHTEN

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

straighten their arms and legs.



2 FOLD

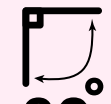


Kneel beside them.

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.



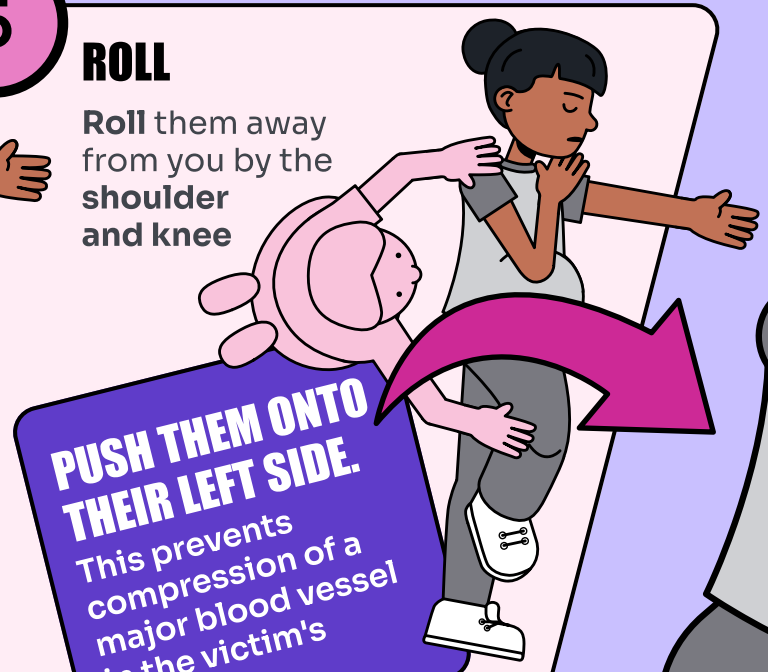
4 LIFT

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**

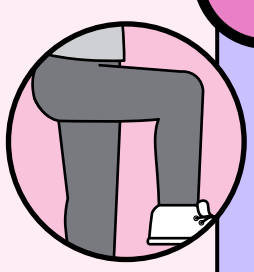


PUSH THEM ONTO THEIR LEFT SIDE.

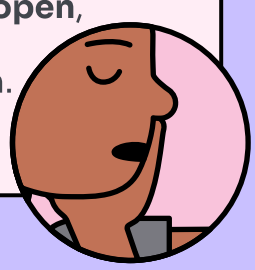
This prevents compression of a major blood vessel in the victim's abdomen.

6 DOUBLE CHECK IF...

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

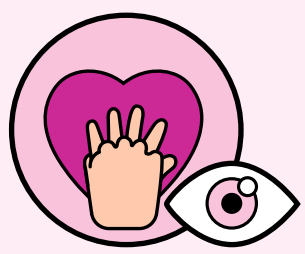


- **The airway is open**, with her hand under the chin.



7 ASSESS

Continuously assess their breathing status.



If they suddenly stop breathing,

START CPR

CALL 000 IF SOMEONE IS UNCONSCIOUS