

How to put someone in the recovery position

If a person is unconscious, or non-responsive but breathing, they should be placed in the recovery position while waiting for help to arrive. If they are left lying on their back they could suffocate on their vomit or their tongue could block their airway. Putting someone in the recovery position will help to keep the airways open.

To place someone in the recovery position:



1

Kneel beside the person



2

Straighten their arms and legs.



3

Fold the arm closest to you over their chest.



4

Get the leg closest to you and bend the knee.



5

While supporting the person's head and neck, gently take the bend knee closest to you and very gently roll the person away from you.



6

Tilt the head back and make sure the airways are clear and open.

