Recovery Position

When do you need to put someone in the recovery position?

If they are **unresponsive and breathing**. When someone is unconscious and lying on their back, the back of their tongue will flop back and block their airway. Also, because the muscles relax, vomit can travel up the body and end up in their lungs. This can prove fatal.

Putting someone into the recovery position allows the tongue to fall forward and the contents of the stomach drain out.

**To put someone in the recovery position:**

1. Kneel beside them
2. Move the arm closest to you **out of the way**.
3. Put their other hand on the side of their cheek to support their head as you turn them.

4. Lift their knee up and use this as a lever to pull them over.
5. Pull the knee to the floor, whilst supporting their head and neck with your other hand.
6. Pull their bent knee upwards into a running position to make them stable.

7. Tilt their head back to make sure they can breathe properly.
8. Use your hand to check that they are still breathing while you wait for the paramedics.

If at any point they stop breathing, start CPR.

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