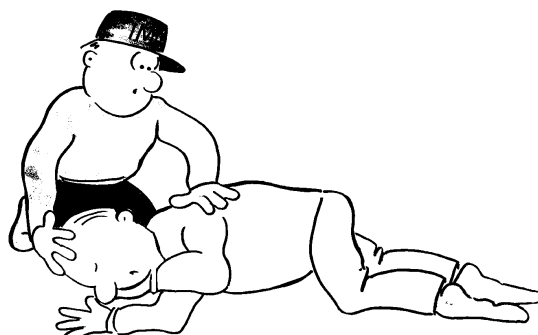


## Recovery Position

It is a really good idea for your class to practice putting each other into the recovery position following your I.M.P.S. visit.



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When you have decided the person is unconscious and continues to breathe they need to be placed in a safe position to maintain an open airway and reduce the risk of inhaling vomit.

**Remember D.R.S.A.B. recovery position. 999**

Follow this sequence of actions as recommended by I.M.P.S. and the resuscitation council. <http://www.resus.org.uk/pages/guide.htm>

1. Remove the victim's spectacles
2. Kneel beside the victim and make sure that both his legs are straight.
3. Place the arm nearest to you at right angles to his body, elbow bent with the hand palm uppermost.
4. Bring the far arm across the chest, and hold the back of the hand against the victim's cheek nearest to you. If the person is wearing a ring with a stone you may turn the ring inwards to prevent scratching of the face.
5. With your other hand, grasp the far leg just above the knee and pull it up, keeping the foot on the ground.
6. Keeping his hand pressed against his cheek, pull on the far leg to roll the victim towards you onto his side.
7. Adjust the upper leg so that both the hip and knee are bent at right angles.
8. tilt the head back to make sure the airway remains open
9. Adjust the hand under the cheek, if necessary, to keep the head tilted.
10. Check breathing regularly.
11. Get help and phone for an ambulance.

Don't worry if you cannot remember all the steps in order. The most important thing is to get the person onto their side to protect their airway and to prevent them rolling onto their back.