

## I. M.P.S. Recovery Challenge

Dear Teacher,

Enclosed are copies of the I.M.P.S. recovery challenge and a certificate to present to each child who takes part.

We are giving all the children an opportunity to become a member of the I.M.P.S. recovery team by teaching family and friends how to put someone into the recovery position. In exchange for this we are asking each person the children teach to make a donation to I.M.P.S.

We are hoping that all schools will support us in this challenge as it will not only assist in our fundraising it will ensure more people are taught the life saving skill of putting an unconscious person into the recovery position. If a reminder is required then instructions may be downloaded from the following link  
[www.impsweb.co.uk/resources.htm](http://www.impsweb.co.uk/resources.htm)

It currently costs I.M.P.S. £13.00 per child to run the I.M.P.S. programme in Oxfordshire and we only have partial core funding.

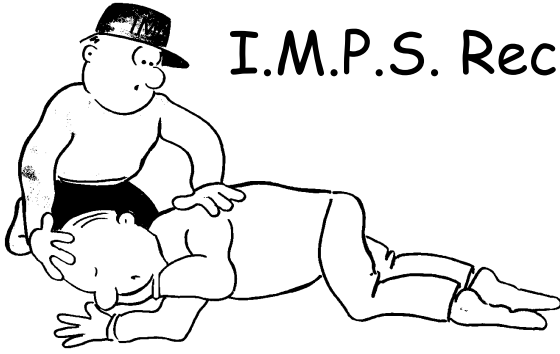
Please return the total money raised in one cheque made payable to Oxfordshire I.M.P.S. and send it to: Lynn Pilgrim, I.M.P.S. office, John Radcliffe Hospital, Headley Way, Headington, Oxford. OX3 9DU. Alternatively, donations may be made on line using a credit or debit card at [www.justgiving.com/impsoxford](http://www.justgiving.com/impsoxford)

There is no closing date, as all the schools will receive the challenge when they visit the hospital, therefore, it is up to the individual school how much time is given to this project.

An I.M.P.S. trainer may be available to present certificates in assembly if requested in advance.

Thank you very much for your support

Lynn Pilgrim  
Oxfordshire I.M.P.S. Co-ordinator



# I.M.P.S. Recovery Challenge



Name:

## Join the I.M.P.S. Recovery Team

Teach a friend or relative how to do the recovery position and raise money to help I.M.P.S. by asking them for a donation. They can either fill in the form below or donate online at [www.justgiving.com/impsoxford](http://www.justgiving.com/impsoxford)

(this way we can claim gift aid if the person pays tax)

Use the recovery position when a person is unconscious and breathing.

**Remember your DRS AB!**

I was taught the recovery position by..... during my I.M.P.S. visit on .....

Date	Name of person you teach	Donation made
e.g. 2/6/09	Jennifer Friend	50p
	Total raised	

Please return the money raised to your teacher and they will send it to I.M.P.S. Thank you very much for your help and support. Your donations will enable us to continue to teach 5,000 I.M.P.S. children each year.

For more information visit [www.impsweb.co.uk](http://www.impsweb.co.uk) or contact us on 01865 743475



This is to certify that

has become a member of the  
**I.M.P.S. Recovery Team**

by

teaching the recovery position  
to family and friends and raising

£

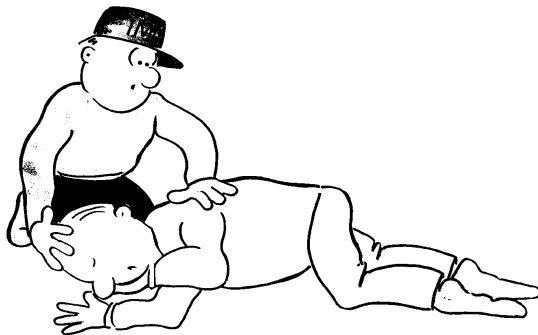
in aid of I.M.P.S.



Lynn Pilgrim  
I.M.P.S. Coordinator

## 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> You can also find a Red Cross film of the recovery position at <http://www.redcross.org.uk/standard.asp?id=58834>

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.