

## 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. so that we can continue to teach children how to keep safe and reduce injuries.

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.

Sponsorship donations can be made by:

- Making a donation on line at [www.justgiving.com/impsoxford](http://www.justgiving.com/impsoxford)
- Sending a cheque made payable to: I.M.P.S. Office, John Radcliffe Hospital, Headley Way, Headington, Oxford. OX3 9DU.

There is no closing date for the recovery challenge.

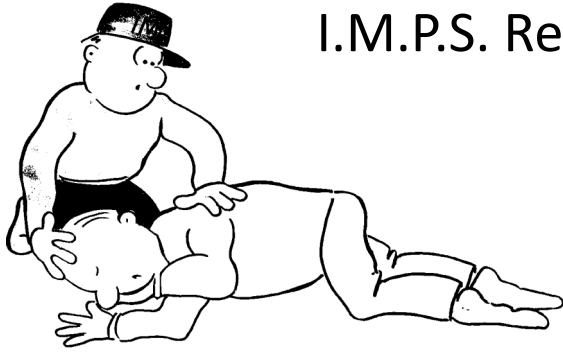
Thank you very much for your support

The I.M.P.S. Team

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I.M.P.S. is part of Oxford Hospitals Charity (Registered charity no. 1175809)

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# 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. Ask them to donate online at [www.justgiving.com/impsoxford](http://www.justgiving.com/impsoxford) or you can ask your teacher to send the money to I.M.P.S.

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

**Remember your DRS AB!**

Date	Name of person you teach	Donation made
e.g. 12/7/20	Jennifer Friend	£5
	Total raised	

Thank you very much for your help and support. Your donations will enable us to continue to teach I.M.P.S. children how to take safer risks and reduce injuries each year.

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

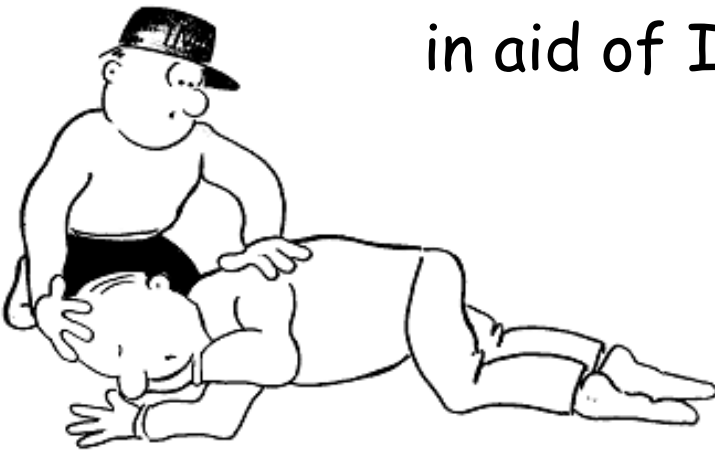


This is to certify that

has become a member of the  
**I.M.P.S. Recovery Team**  
by  
teaching the recovery position  
to family and friends and raising

£

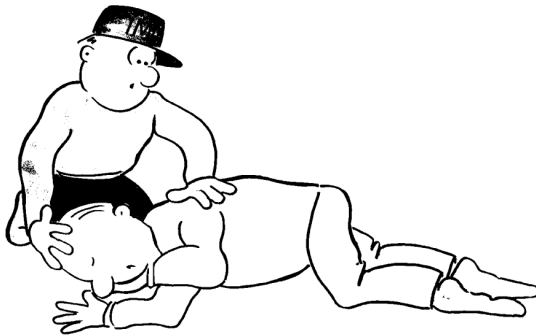
in aid of I.M.P.S.



Thank you from the I.M.P.S. team

## Recovery Position

It is a really good idea for your class to practice putting each other into the recovery position. It makes a great warm down activity in PE.



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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](#). You can also find a British Red Cross film of the recovery position [here](#).

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.