

# HOW TO PLACE SOMEONE IN A RECOVERY POSITION



Turn their head gently to the left, and check for breathing and a pulse



Gently extend their left arm away from their body at a right angle, on the floor, with their palm up



Pull the right arm across their chest and place the back of their hand against the cheek nearest to you



Bend their right knee at a right angle and gently turn their body to the left side. Take care of their head when turning them



Place their right knee gently on the ground, keeping it at a right angle to their body



Raise their chin gently to open their airway. Use their right hand to cushion their face and maintain the position