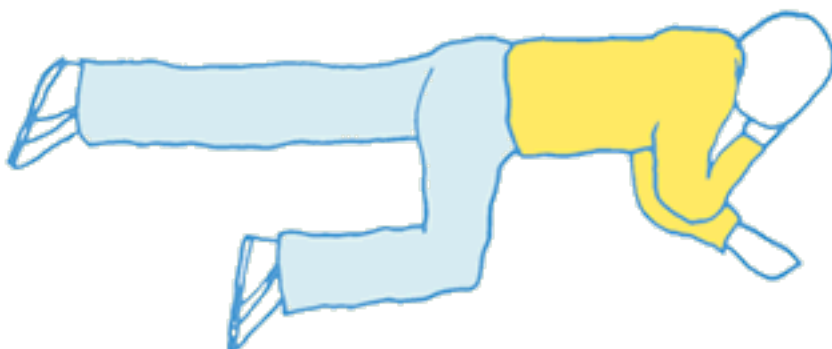
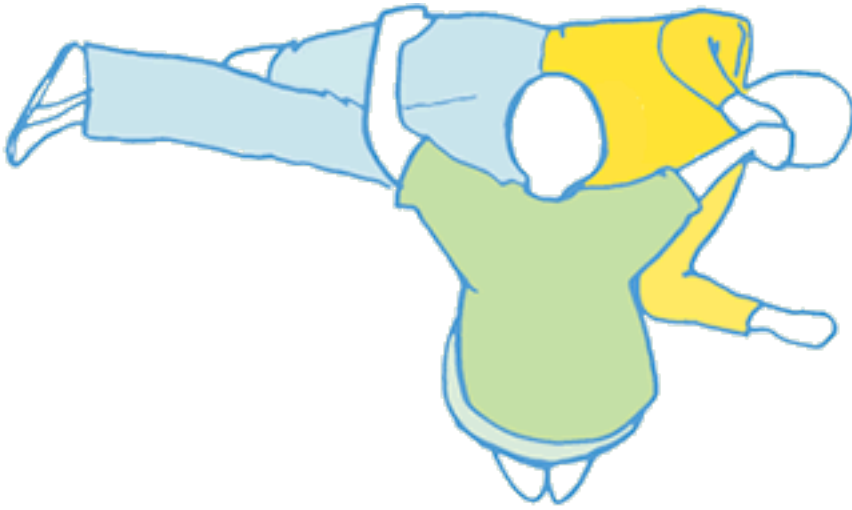


# RECOVERY POSITION



## 1. “STOP” POSITION

Raise the person's closest arm above the head, at a right angle to the body.

## 2. LEG & ARM

Lift the furthest leg so that the knee is pointing upwards. Pull the furthest hand across the body and place it under the person's head, keeping your palm to their palm, so that their cheek rests against the back of their hand.

## 3. ROLL

Gently roll the person's entire body towards you, but make sure that the head is supported at all times. Position the leg at a right angle to the body.

## 4. CHECK & HELP

Check that the person is stable. Make sure the person's head is tilted to ensure an open airway. Call 999 or 112.