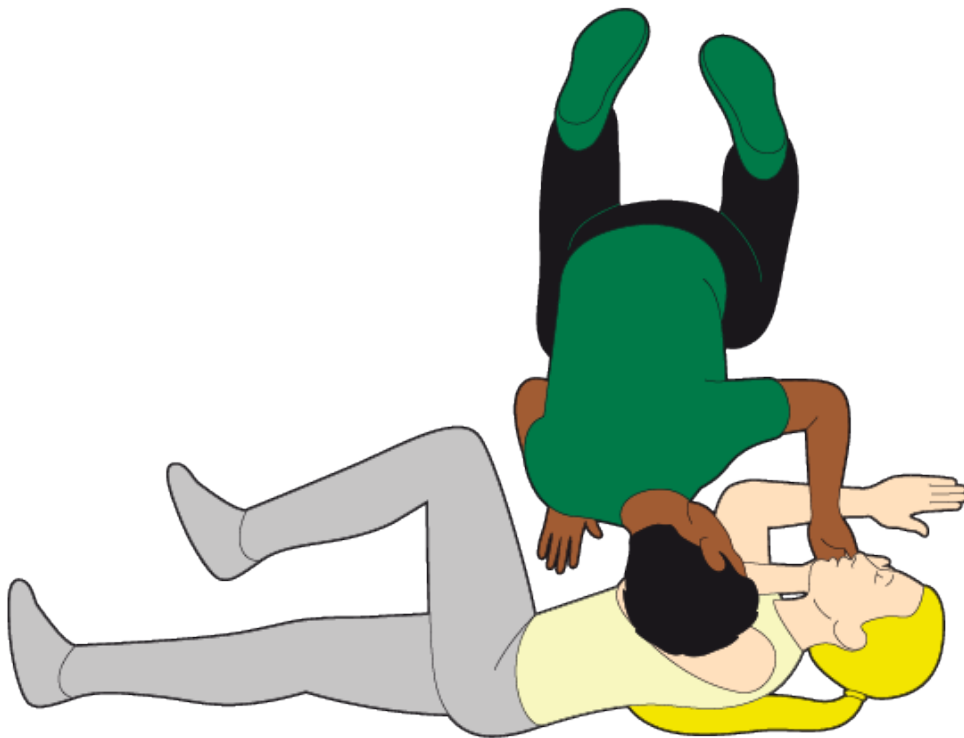




How to put an adult or child in the recovery position



Easy read booklet 7

Who we are and what this booklet is about



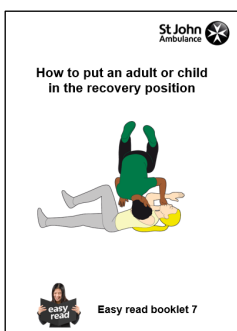
We are **St John Ambulance**. We are a charity that gives **first aid** and teaches other people how to give first aid.



First aid is when you help someone with a health problem until a medical expert like a doctor or paramedic can help them.

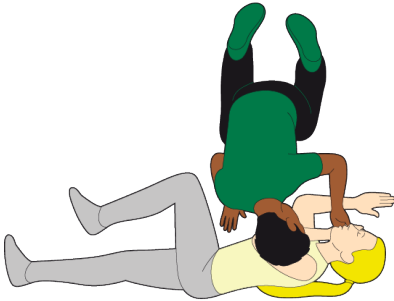


We have 8 booklets to help you learn how to give first aid.



This booklet tells you how to put an adult or child in the **recovery position**.

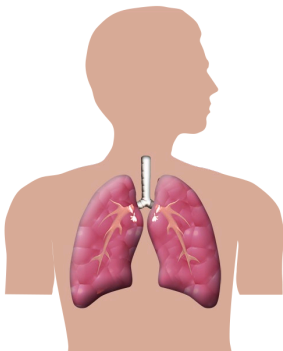
The recovery position



The **recovery position** is a certain way you should place someone's body if they are **unconscious** and breathing normally.



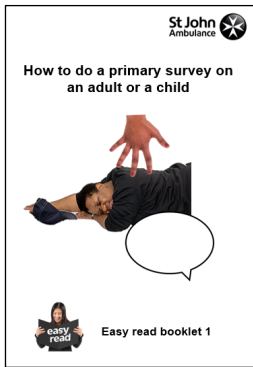
Unconscious means they are not awake and will not wake up if you touch them or talk to them.



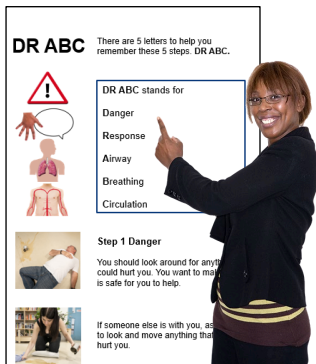
You need to do a **primary survey** to check if they are breathing normally.



A **primary survey** is when you first check someone who is very unwell to find out how you should help them.



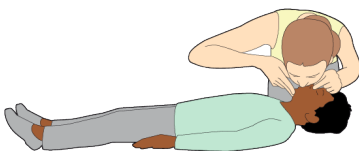
Booklet 1 tells you how to do a primary survey on an adult or child.



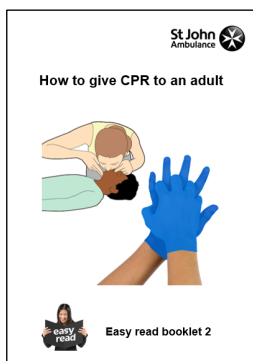
This booklet will also tell you how to check for a **response**.



A **response** is when someone moves their body or talks when you touch them or talk to them.

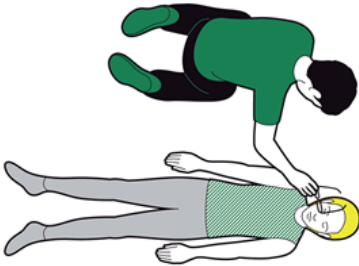


If someone is not breathing normally, start **CPR**.



Booklet 2 tells you what **CPR** is and how to give **CPR** to an adult or child.

How to put an adult or child in the recovery position



Kneel down beside the person who is unconscious.



Take any large objects, like keys or a mobile phone out of their pockets.



If they are wearing glasses, take these off too.



Make sure the person is laid flat on the floor with their legs straight.

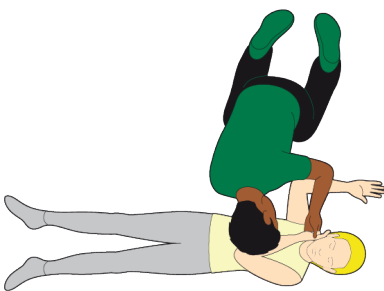
Where to put their arms



Take their arm closest to you and put it up like they are waving. Their arm should stay on the floor.



Their palm should be facing up and their arm will be bent at the elbow.



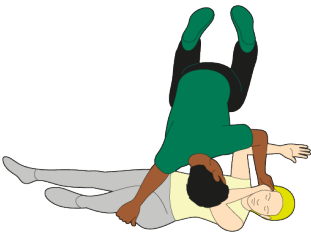
Take their other arm and bring it across their chest towards their face.

Put the back of their hand against their cheek. This will be the cheek closest to you.

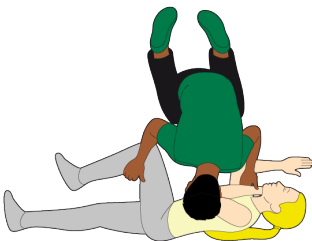


You will need to hold their hand against their cheek, so it stays there.

Where to put their legs



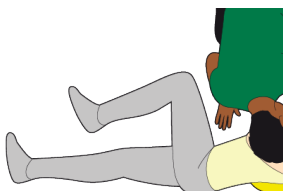
Hold their knee which is furthest away from you and pull it up, so their foot is flat on the floor.



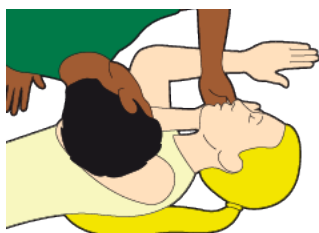
Pull this leg towards you at the knee, so their knee comes over their other leg.



Pull them so they are on their side and their leg is completely over the other leg.



Make sure their leg over the top is still bent at the knee.



Tilt their head back, so their chin is not on their chest.

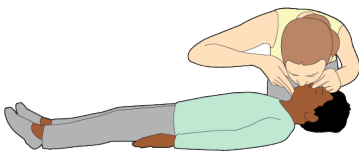
What to do next



If someone is with you, ask them to call **999** or **112**.



If you are alone, call **999** or **112** and put them on speaker phone so you can keep checking the person's response and breathing.



If they stop breathing normally, start CPR.

Thank you for reading booklet 7

Thank you to A2i for the words
www.a2i.co.uk (reference 368711)