

Recovery position



**IN A MEDICAL EMERGENCY
CALL TRIPLE ZERO (000) FOR AN AMBULANCE.**

DRSABCD Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

The DRSABCD Action Plan is the first step when providing first aid. Use this to assess the immediate situation. [DOWNLOAD THE DRSABCD FACT SHEET.](#)

ADULT OR CHILD (OVER 1 YEAR)

WHAT TO DO

- 1 With the patient on their back, kneel beside the patient and position their arms.
 - Place the patient's furthest arm directly out from their body.
 - Place the patient's nearest arm across their chest.
- 2 Position the patient's legs.
 - Lift the patient's nearest leg at the knee and place their foot on the floor so the leg is bent.
- 3 Roll the patient into position.
 - Roll the patient away from you onto their side, carefully supporting their head and neck the whole time.
 - Keep the patient's leg bent with their knee touching the ground to prevent the patient rolling onto their face.
- 4 Place the patient's hand under their chin to stop their head from tilting and to keep their airway open.

INFANT (UNDER 1 YEAR)

WHAT TO DO

- 1 Lie the infant face down on your forearm.
- 2 Support the infant's head with your hand.



YOU COULD SAVE A LIFE WITH FIRST AID TRAINING WWW.STJOHN.ORG.AU • 1300 360 455

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