

## Recovery position

### What to do

#### Adult or child (over 1 year)



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)

1 Lie the infant face down on your forearm.

2 Support the infant's head with your hand.



**In a medical emergency call Triple Zero (000)**

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

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