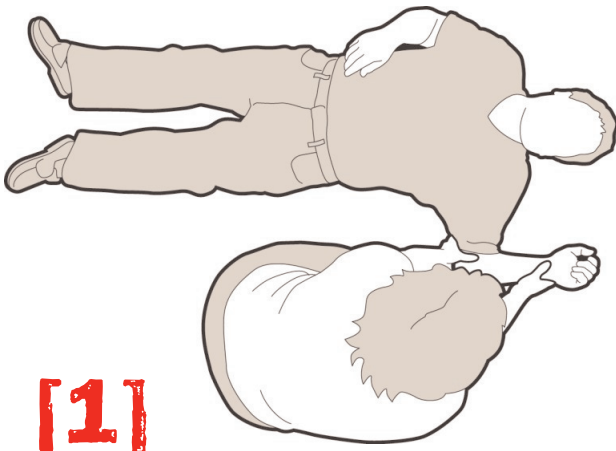
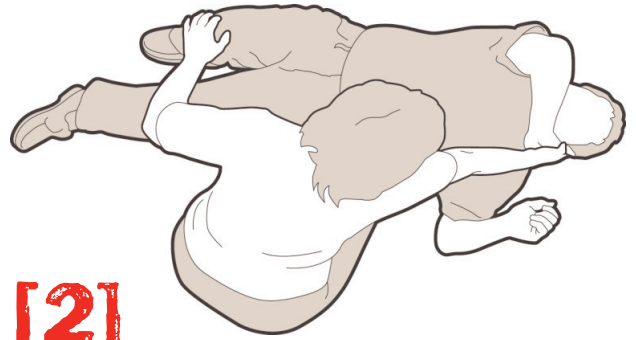


Recovery position



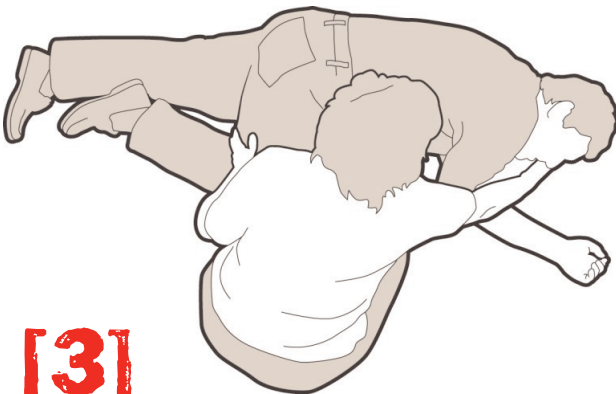
[1]

Place arm nearest to you at a right angle, with palm facing up.



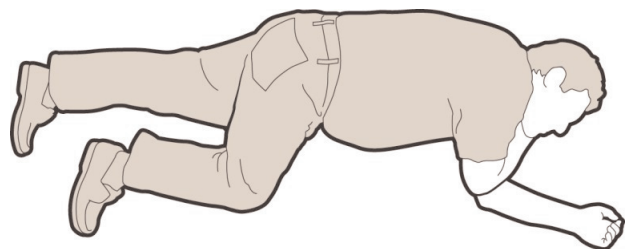
[2]

Move other arm, as shown, palm upwards against casualty's cheek. Get hold of knee furthest from you and pull up until foot is flat on the floor.



[3]

Pull the knee towards you, keeping the casualty's hand pressed against their cheek. Position the leg at a right angle.



[4]

Make sure that the airway remains open by tilting the head back, then check breathing by feeling and listening for breath. Call 999 if necessary. Monitor until help arrives.