

How to put adults

into the recovery position

1

Kneel next to them, take their arm that is nearest to you, and extend it at a right angle to their body, with their palm facing upwards and elbow bent. Straighten their legs. Remove any glasses from their face or bulky items from their pockets, e.g. keys, phones, and wallets.



2

Lift their other arm and fold it so the back of their hand rests on their cheek which is closest to you, and hold it in place. Their arm should be across their body so their arm is on their opposite cheek.

3



Use your free hand to bend their leg that is furthest away from you. It should bend at the knee so that their foot is flat on the floor.

4

Holding their bent knee, roll the casualty towards you. Their head should rest on the hand that is on their cheek (remove any sharp rings).



5

Adjust their top bent leg so it's at a right angle to their body, in a 'running' position.



6

Ensure that the casualty's head is tilted back and their chin is lifted so their airway is open. You might need to adjust the supporting hand accordingly.



7

Once they are in the recovery position, check that the casualty is still breathing normally. If their condition deteriorates and they are struggling to breathe before medical help arrives, you will need to start CPR.



8

Call 999 or 112 for emergency help if they haven't already been called. Stay and monitor the casualty's condition while waiting for help to arrive.



If they need to stay in the recovery position for more than 30 minutes, you should roll them on to their other side (excluding pregnant women).