

How to put someone with a spinal injury into the recovery position

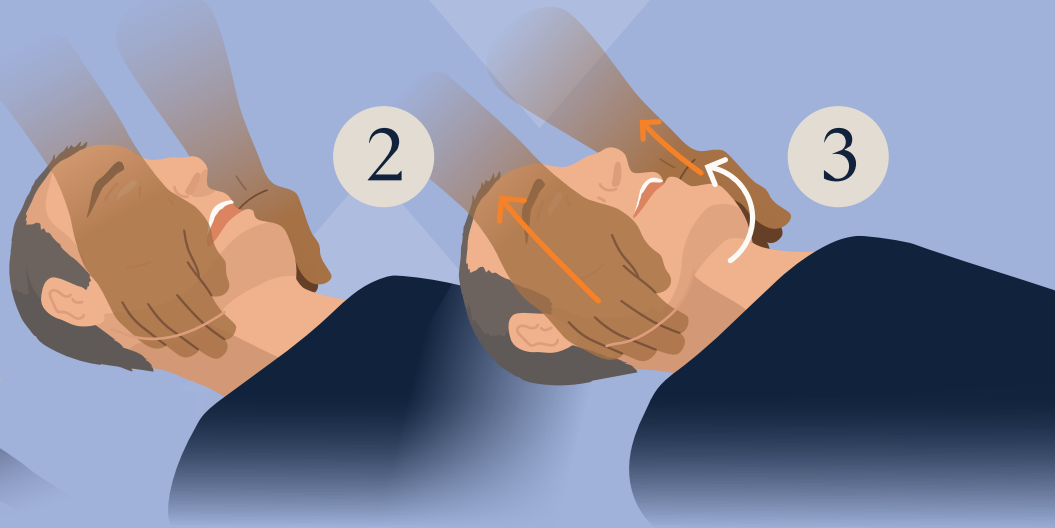
If you suspect that a casualty has a spinal injury, the NHS advises that you do not attempt to move them and instead wait for the emergency services to arrive.

However, if they are unresponsive and unconscious, and it's necessary to open their airway, the NHS advises that you put them in a suitable recovery position in the following way. This different recovery position minimises movement, as placing the casualty into the normal recovery position could cause further harm.

To put someone with a spinal injury into the recovery position:

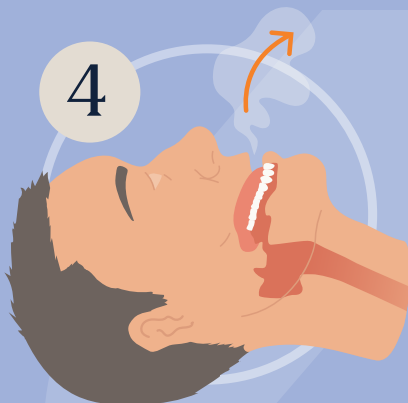


Kneel behind the casualty and support and steady their head, so that their head, neck, and spine are still.



Place your hands on either side of their face and spread your fingertips on the straight sides of their jaw, near the bottom of the jaw bone and underneath their ears.

Keep your hands and wrists still and gently use your fingers to lift their jaw upwards (towards their eyes rather than down towards their neck) so that it's moved towards you.



In this position, the casualty's tongue has now moved forward inside their mouth. This opens their airway and enables them to breathe normally.



This is known as the jaw thrust technique. Do not tilt their neck while you do so.

Stay in this position supporting the casualty until emergency help arrives.

You must take care to move their body as little as possible and never move their neck, as this could cause further harm. This means you won't put their body into the rest of the usual recovery position.