

Recovery Position

After using DRSAB to check that a casualty is breathing normally, he or she must be placed in the recovery position. This allows the unconscious person to maintain an open airway and to keep breathing.

1. Use words from the box to complete the text.

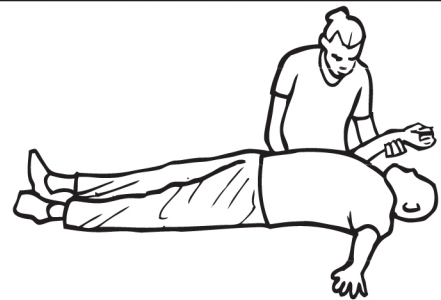
airway back blocked breathe difficult open own relaxed side up

An unconscious person lying on his _____¹ can't keep his airway _____² because all the muscles, including the tongue, are _____³. The tongue will block the _____⁴ and the person will be unable to _____⁵. The airway can be kept open by holding the head back and chin _____⁶ but as soon as you let go, the airway will be _____⁷ again. This makes it _____⁸ for a helper on his own to call for help. Placing the casualty in the recovery position on his _____⁹ allows him to breathe on his _____¹⁰ while you call for help.

2. Circle the correct word in each instruction.

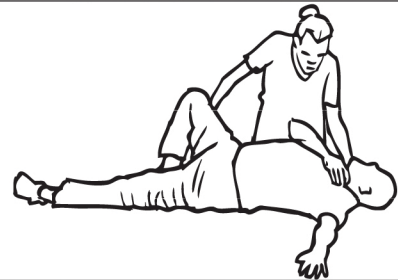
Step 1 Position casualty's arms

- (a) **Stand/Kneel** beside casualty.
- (b) Extend **nearer/farther** arm at right angles to the body.
- (c) Bend **nearer/farther** arm across the chest.



Step 2 Position casualty's legs

Bend **nearer/farther** leg upwards until it is fully bent.



Step 3 Moving casualty

- (a) Place one hand **behind/in front of** bent knee.
- (b) Support head and neck with other hand and position **forearm/elbow** under shoulder blade.
- (c) Gently roll casualty **away from/towards** you.



Step 4 Stop casualty from rolling onto face

- (a) Keep **upper/lower** leg bent with knee touching floor.
- (b) Tilt the head **forward/back** to open airway.

