Recovery Position

You can help an unconscious person who is breathing by putting him or her into the recovery position.

1. Use the words on the phone to complete the jumbled steps for putting a casualty in the recovery position.

2. Cut out the steps and staple them together in the correct order to make a booklet.

- Keep the upper leg bent at right angles with knee ____________ the ground to stop the casualty rolling onto his/her face.

- Place the casualty’s further arm out at right angle from the body. Place the casualty’s nearer ____________ across the chest.

- Roll the casualty gently away from ____________.

- Put your other ____________ under the casualty’s neck and head.

- Kneel beside the ____________

- Lift nearer leg so it is fully bent up. Place your hand ____________ the knee.