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.

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.