



# STRONG ROOTS TRAINING

## Recovery position

1



Remove casualty's glasses and straighten both legs. Move the arm nearest you outwards, elbow bent with palm uppermost.

2

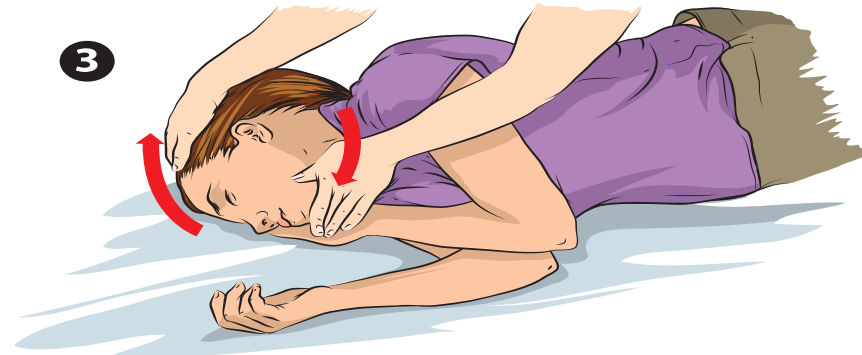


Grasp the far leg just above the knee and pull it up, keeping the foot on the ground. Hold the knee with your nearest hand.

The recovery position is intended for an unresponsive casualty who is **breathing normally** (does NOT need CPR).

**Call 999/ 112 for emergency help.**

3



With your other hand, grasp the casualty's far hand palm to palm. Bring their hand across the chest and hold it against their cheek.

4



Keeping the casualty's hand pressed against their cheek, pull on the leg to roll them towards you, onto their side.

Adjust the upper leg so the hip and knee are bent at right angles. Make sure the head is tilted and facing downwards to allow fluids to drain from the mouth.

**CONTINUALLY** monitor breathing until help arrives and start CPR if needed.

