

First aid fact sheet

Recovery position

What to do

Adult or child (over 1 year)



- 1 With the patient on their back, kneel beside the patient and position their arms.
 - Place the patient's furthest arm directly out from their body.
 - Place the patient's nearest arm across their chest.
- 2 Position the patient's legs.
 - Lift the patient's nearest leg at the knee and place their foot on the floor so the leg is bent.
- 3 Roll the patient into position.
 - Roll the patient away from you onto their side, carefully supporting their head and neck the whole time.
 - Keep the patient's leg bent with their knee touching the ground to prevent the patient rolling onto their face.
- 4 Place the patient's hand under their chin to stop their head from tilting and to keep their airway open.



Infant (under 1 year)

- 1 Lie the infant face down on your forearm.
- 2 Support the infant's head with your hand.

In a medical emergency call Triple Zero (000)

DRSABCD Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

You could save a life with first aid training • www.stjohn.org.au • 1300 360 455

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