



How to put a baby into the **RECOVERY POSITION**

OPTION 1



 Hold the baby on its side, in your arms, with its head lower than its stomach to keep the airway clear. Use the back of your hand held under their nose and mouth to feel their breath and keep checking that they are breathing. Call the emergency services. If they stop breathing start CPR.

OPTION 2



 **ROLLED UP BLANKET TO KEEP THEM ON THEIR SIDE**
Roll them into the recovery position on a blanket or coat to insulate them from the ground and use a rolled-up jumper or something to keep them on their side. Keep checking that they're breathing. Call an ambulance.

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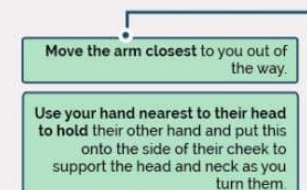


How to put someone into the **RECOVERY POSITION**



1 How to put an unconscious, breathing casualty into the recovery position if you are on your own – even if you think they could have a spinal injury.

If you are not worried about a spinal injury, or if they are very heavy, you can just use their knee as a lever to propel them over into a draining position. If you are worried about the possibility of a spinal injury and you have other people to help, it is best to log roll them to keep the spine in line.



2 Move the arm closest to you out of the way.

Use your hand nearest to their head to hold their other hand and put this onto the side of their cheek to support the head and neck as you turn them.



3

Use your other hand to lift up the outside of their knee and use this as a lever to pull them over. Pull the knee to the floor, whilst supporting their head and neck with your other hand.



4 Pull their bent knee upwards into a running position to stabilise their body. Ensure they are rolled over enough for their tongue to flop forward and allow any vomit to drain out.



5 If you are not worried about a possible spinal injury, tilt their head back slightly to ensure the airway is properly open. If you are worried they might have a neck injury, just ensure they are rolled over enough to drain.



6 Keep checking that they are breathing by feeling their breath on the back of your hand.



Get the emergency services on the way if they haven't already been called

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