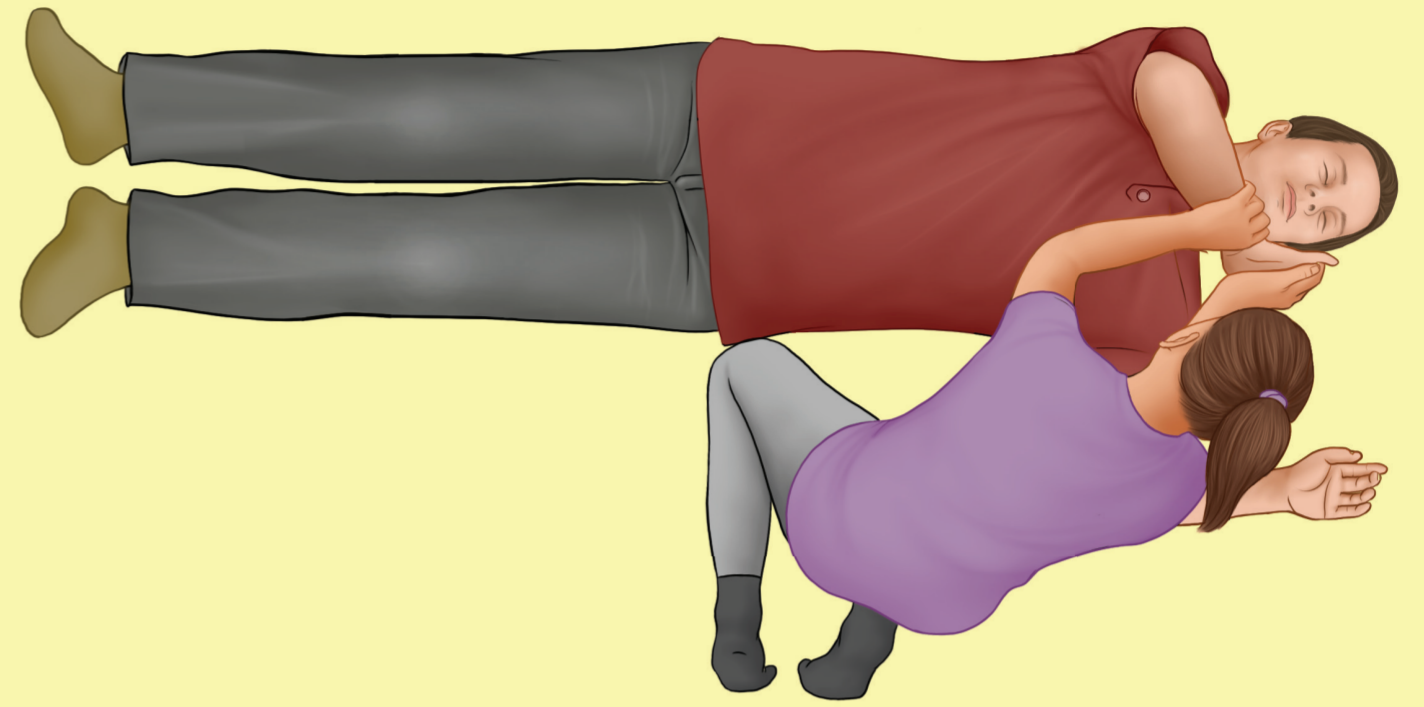


RECOVERY POSITION GUIDE

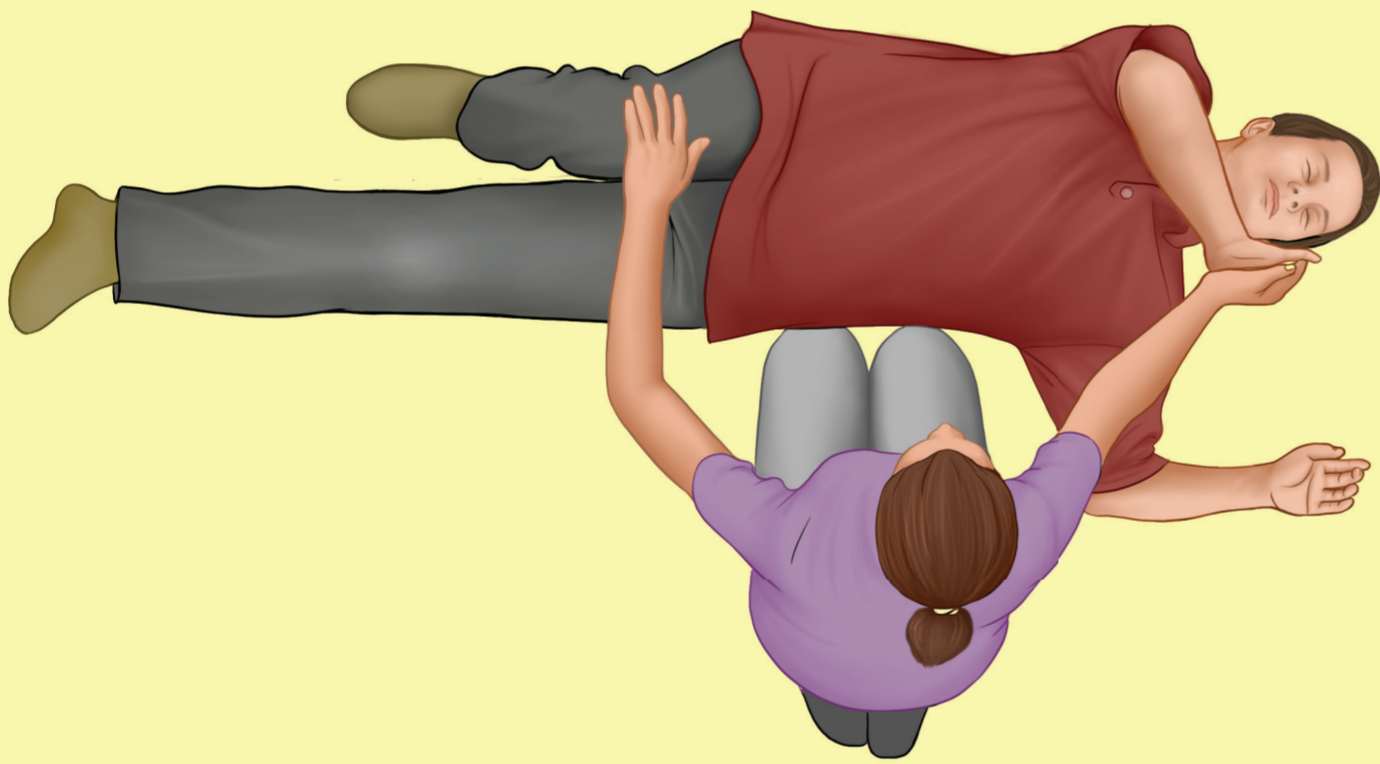
01 Place the nearest arm at a right angle



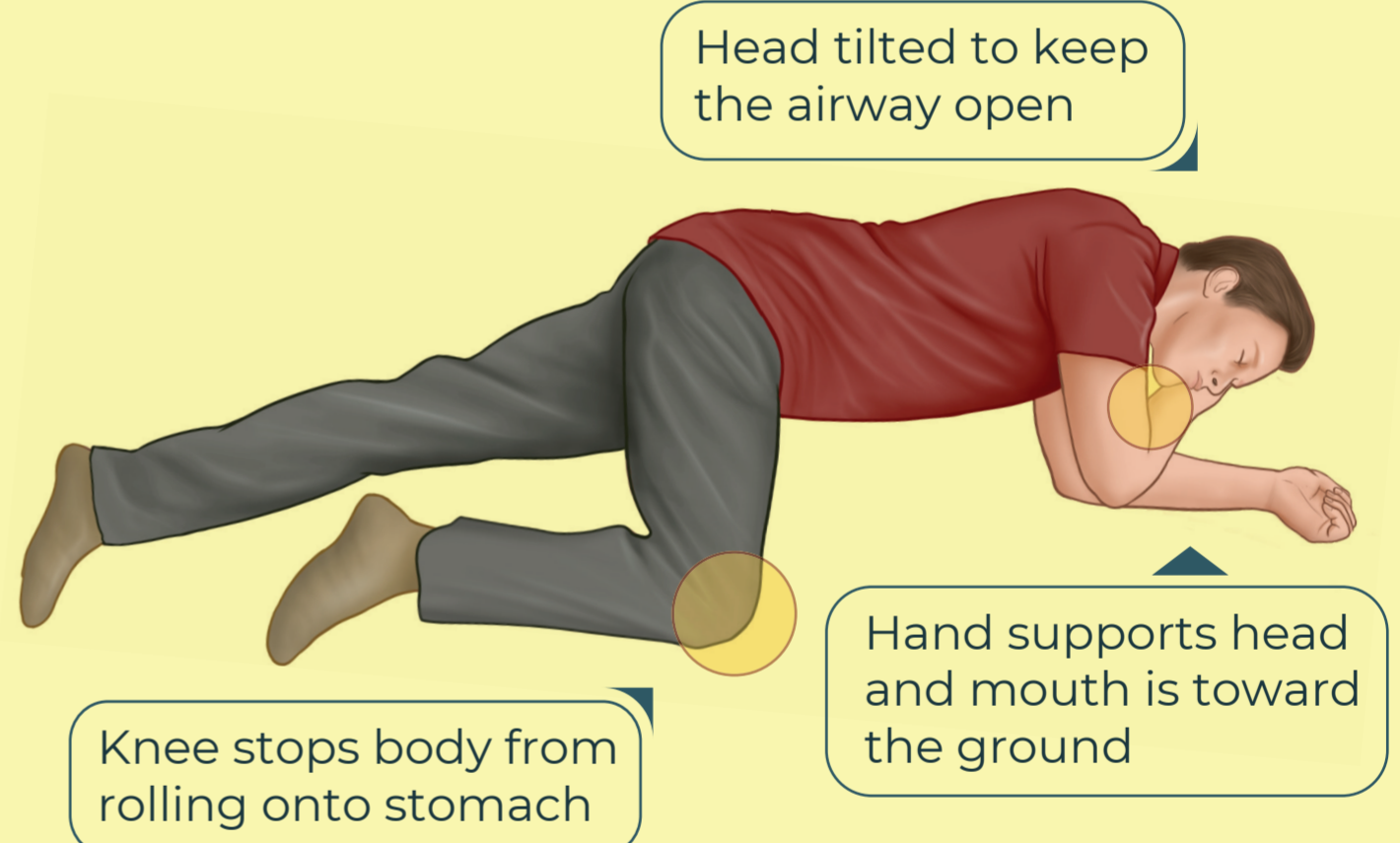
02 Place the other arm across chest with hand under the head and against the cheek



01 Lift leg furthest away till the foot is flat on the ground



02 Use the bent leg to roll the casualty over toward you

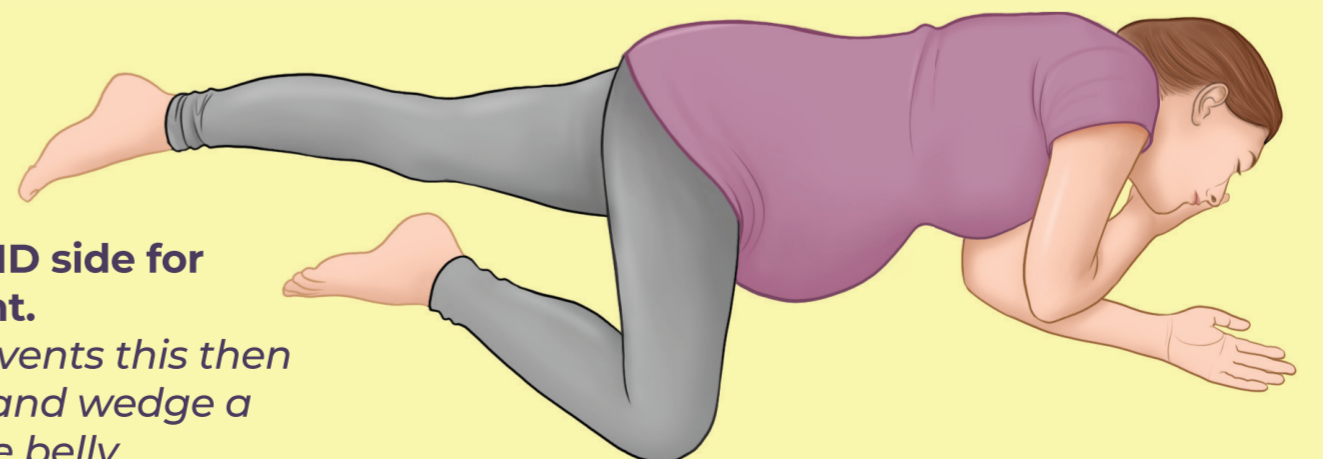
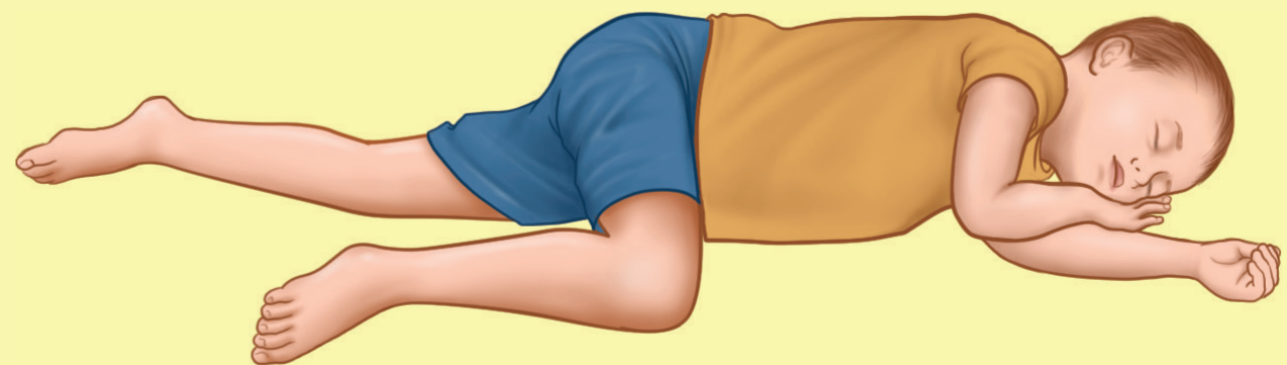


Recovery position for an infant

Cradle the infant in your arms with their head tilted downwards



Use the same 4 step process for a child & in pregnancy



Perform on the **LEFT-HAND** side for someone heavily pregnant.
If injury to the left side prevents this then perform on the right side and wedge a cushion or towel under the belly