



Activity 11

The recovery position

Number the steps of the recovery position from 1 to 7.

Step	Description
	While keeping the casualties hand pressed against their cheek, hold the raised knee and roll them towards you.
	Remove any bulky items from their pockets.
	Move the other arm across their chest and place the back of their hand on their cheek.
	Once fully over, re-adjust the head position if needed and place the top leg at a 90° angle.
	Lift the far knee up until the foot is flat on the floor.
	Kneel down in front of the casualty.
	Take the arm closest to you and place it at a right angle to their body (palm facing up).