Recovery Position

After using DRSAB to check that a casualty is breathing normally, he or she must be placed in the recovery position. This allows the unconscious person to maintain an open airway and to keep breathing.

1. Use words from the box to complete the text.

airway	back	blocked	breath	difficult	open	own	relaxed	side	up

An unconscious person lying on their _____[1] can't keep their airway _____[2] because all the muscles, including the tongue, are _____[3]. The tongue will block the _____[4] and the person will be unable to _____[5]. The airway can be kept open by holding the head back and chin _____[6] but as soon as you let go, the airway will be _____[7] again. This makes it _____[8] for a helper on their own to call for help. Placing the casualty in the recovery position on their _____[9] allows them to breathe on their _____[10] while you call for help.

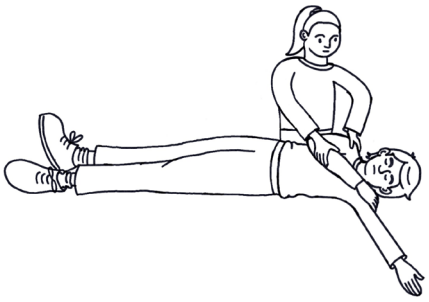
2. Circle the correct word in each instruction.

Step 1. Position the casualty's arms

(a) **Stand / Kneel** beside casualty

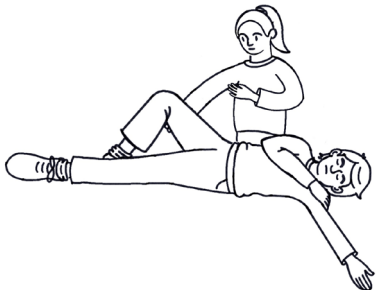
(b) Extend **nearer / farther** arm at right angles to the body.

(c) Bend **nearer / farther** arm across the chest



Step 2. Position the casualty's legs

(a) Bend **nearer / farther** leg upwards until it is fully bent.

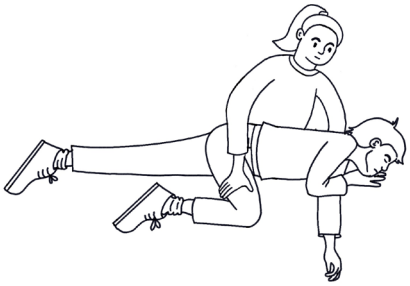


Step 3. Moving casualty

(a) Place one hand **behind / in front of** bent knee.

(b) Support head and neck with other hand and position **forearm / elbow** under shoulder blade.

(c) Gently roll casualty **away from / towards** you.



Step 4. Stop casualty from rolling onto face

(a) Keep **upper / lower** leg bent with knee touching floor.

(b) Tilt the head **forward / back** to open airway.

