



**Fig. 2.13.** Place the arm nearest to you out at right angles to his body, elbow bent with the hand palm uppermost.



**Fig. 2.15.** With your other hand, grasp the far leg just above the knee and pull it up, keeping the foot on the ground.



**Fig. 2.14.** Bring the far arm across the chest, and hold the back of the hand against the victim's cheek nearest to you.



**Fig. 2.16.** The recovery position completed. Keep the head tilted to keep the airway open. Keep the face downward to allow fluids to go out.

The ERC recommends the following sequence of actions to place a victim in the recovery position:

Kneel beside the victim and make sure that both legs are straight.

Place the arm nearest to you out at right angles to the body, elbow bent with the hand palm uppermost (Fig.2.13).

Bring the far arm across the chest, and hold the back of the hand against the victim's cheek nearest to you (Fig. 2.14).

With your other hand, grasp the far leg just above the knee and pull it up, keeping the foot on the ground (Fig. 2.15).

Keeping the hand pressed against the cheek, pull on the far leg to roll the victim towards you onto his side.

Adjust the upper leg so that both hip and knee are bent at right angles.

Tilt the head back to make sure the airway remains open.

Adjust the hand under the cheek, if necessary, to keep the head tilted and facing downwards to allow liquid material to drain from the mouth (Fig. 2.16).

Check breathing regularly.

If the victim has to be kept in the recovery position for more than 30 min, turn him to the opposite side to relieve the pressure on the lower arm.