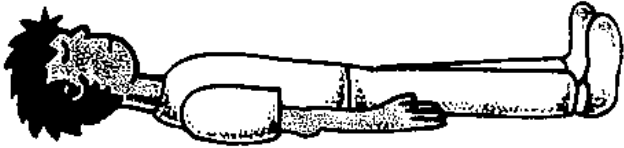


An unconscious person cannot hear, speak, move or think.

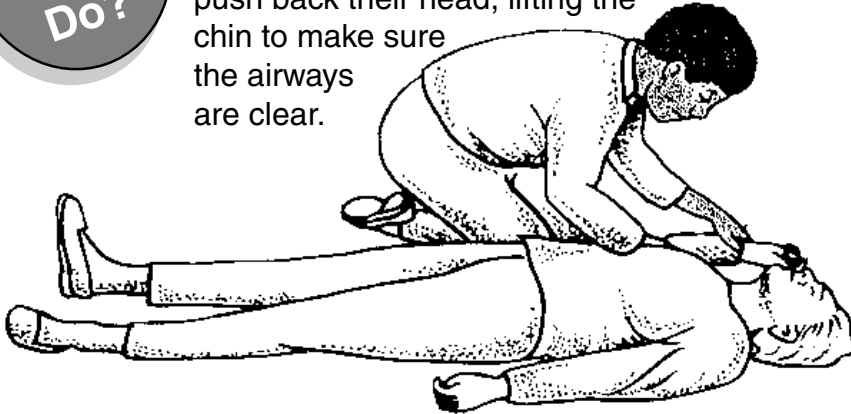


First Aid

Although a person is breathing and their heart is beating, they may not be conscious.

What Do I Do?

1. If the person is wearing glasses, take them off. Kneel next to the person and push back their head, lifting the chin to make sure the airways are clear.

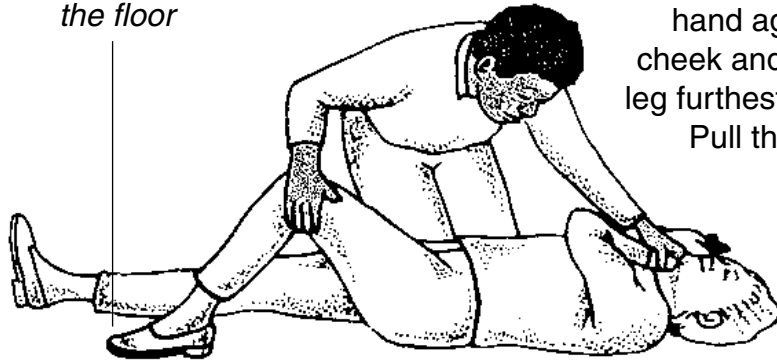


2. Straighten the person's legs and bend the arm nearest to you.



3. Bring their other arm across their body. The back of the hand should rest against their cheek.

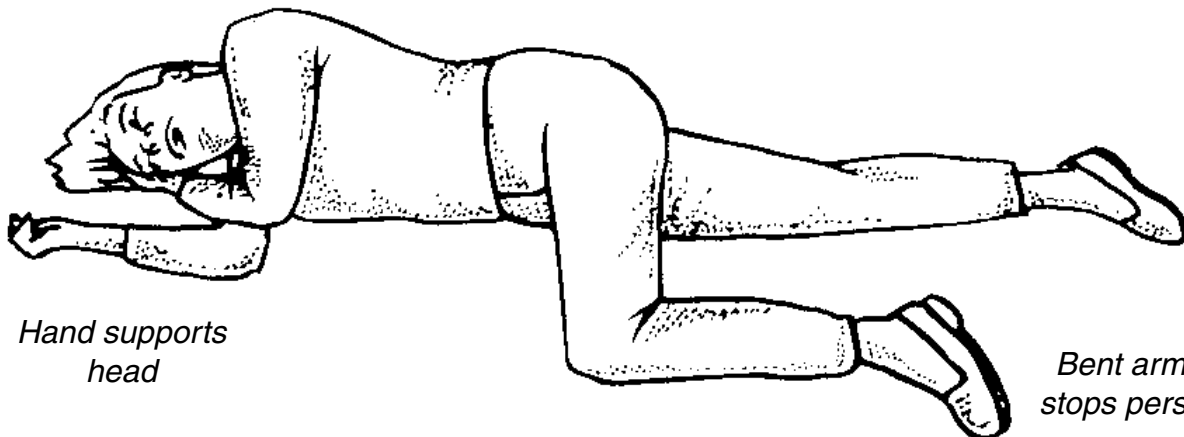
Foot should be flat on the floor



4. Hold the person's hand against their cheek and grasp the leg furthest from you. Pull the knee up.

5. Now, still holding the cheek hand in place, gently pull the person towards you and onto their side. Take care! Don't pull too far or the person will end up on their face.

6. This is how a person placed in the recovery position should be resting. Stay with them until help arrives, checking their breathing and pulse 2-3 minutes.



Hand supports head

Bent arm and leg stops person rolling

If you are alone and have to dial 999 yourself, leave the person in the recovery position and return as quickly as possible.