

CHAPTER 4

THE RECOVERY POSITION

1. Unconscious, but breathing, casualties should be placed in the Recovery position. This ensures that an open airway can be maintained and that any subsequent vomit or other fluid will drain from the mouth. The stability of the casualty's body is maintained by the position of the limbs.
2. The casualty's injuries and the need to examine and give treatment may make the Recovery position less than ideal and some modification of technique and positioning may be necessary. However, the casualty *must* be placed in the Recovery position if his breathing becomes difficult or noisy and is not relieved by opening the airway. Moreover, if a casualty has to be left, which should happen but rarely, he should first be placed in the Recovery position.
3. Fig 6 illustrates the sequence of turning a casualty from lying on his back to the Recovery position. A casualty moved from a position other than on his back may not need to be turned through all stages of the sequence.
 - a. *Fig 6a.* Kneeling upright, at right angles to the casualty, turn his head towards you and tilt it back, keeping the jaw forward in the Open Airway position.
 - b. *Fig 6b.* Place the casualty's arm nearest to you by the side, hand under buttock, palm upwards if possible. Bring the other forearm over the front of the chest. Holding the far leg under the knee or ankle, bring it towards you and cross it over the near leg.
 - c. *Fig 6c.* Support the casualty's head with one hand; with the other, grasp the clothing at the hip furthest from you and pull the casualty quickly towards you.
 - d. *Fig 6d.* Supporting the casualty's body against your knees, re-adjust the head to ensure that the airway is open. Bend the casualty's uppermost arm into a convenient position to support the upper body.
 - e. *Fig 6e.* Bend the casualty's uppermost leg at the knee to bring the thigh well forward to support the lower body.
 - f. *Fig 6f.* Carefully pull the other arm out from under the casualty, working from the shoulder down. Leave it parallel to the casualty to prevent him rolling on to his back.
4. The above method should not be used where there are fractures to the upper or lower body; when in a confined space or if it is not possible to use the bent limbs as props. In such cases, the Recovery position can be maintained by the careful use of suitable prop such as a rolled blanket, as in Fig 6g.

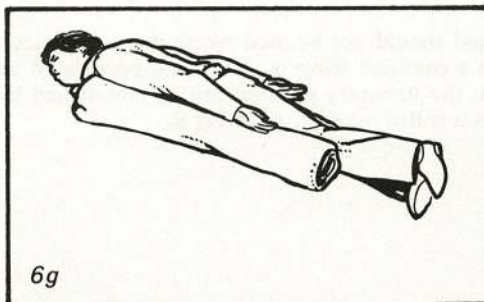
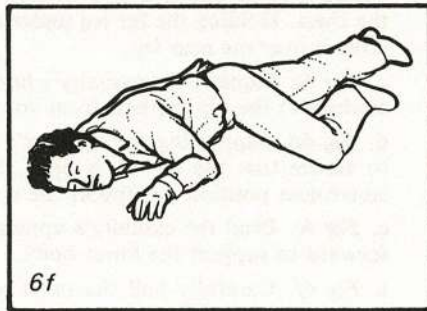
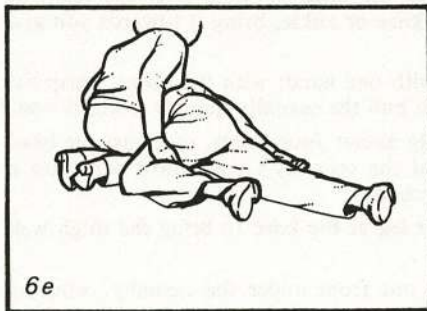
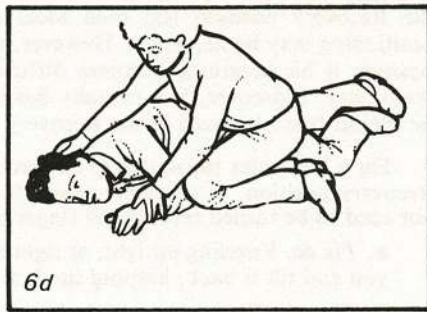
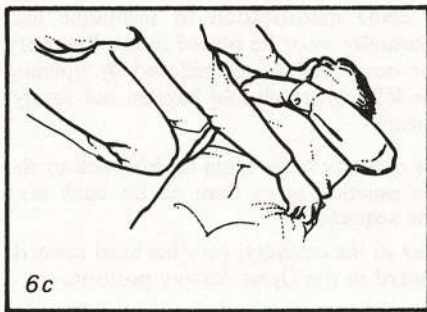
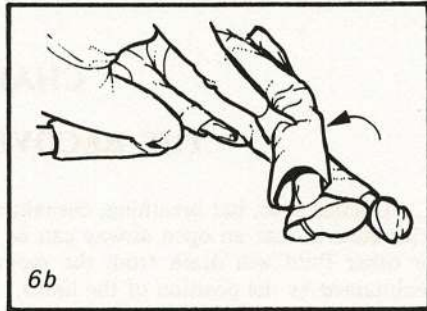


Fig 6 The Recovery Position

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