

Basic first Aid

Recovery Position: If a **person** is unconscious but is breathing and has no other life-threatening conditions, they **should** be placed in the **recovery position**.

Putting someone in the recovery position will keep their airway clear and open. It also ensures that any vomit or fluid won't cause them to choke.

1. With the person lying on their back, kneel on the floor at their side.
2. Extend the arm nearest you at a right angle to their body with their palm facing up.
3. Take their other arm and fold it so the back of their hand rests on the cheek closest to you, and hold it in place.
4. Use your free hand to bend the person's knee farthest from you to a right angle.
5. Carefully roll the person onto their side by pulling on the bent knee.
6. Their bent arm should be supporting the head, and their extended arm will stop you rolling them too far.
7. Make sure their bent leg is at a right angle.
8. Open their airway by gently tilting their head back and lifting their chin, and check that nothing is blocking their airway.
9. Stay with the person and monitor their condition until help arrives.

Bleeding

1. Press firmly on the wound using some clean fabric such as a dressing, a towel or an item of clothing.
2. Raise the injured area so it's higher than the person's heart. This helps reduce the bleeding.
3. Treat the person for shock by making them lie down with their head low and their legs raised.

Head Injury

1. Get the person to sit down so that if they feel dizzy or lose consciousness, they won't fall over.
2. Put a cold compress on the area to reduce swelling.
3. Keep watching the person to make sure they are alert and responsive. If they are, then their injury is probably minor, although someone should stay with them until they recover.