



First aid

# Lie back and recover

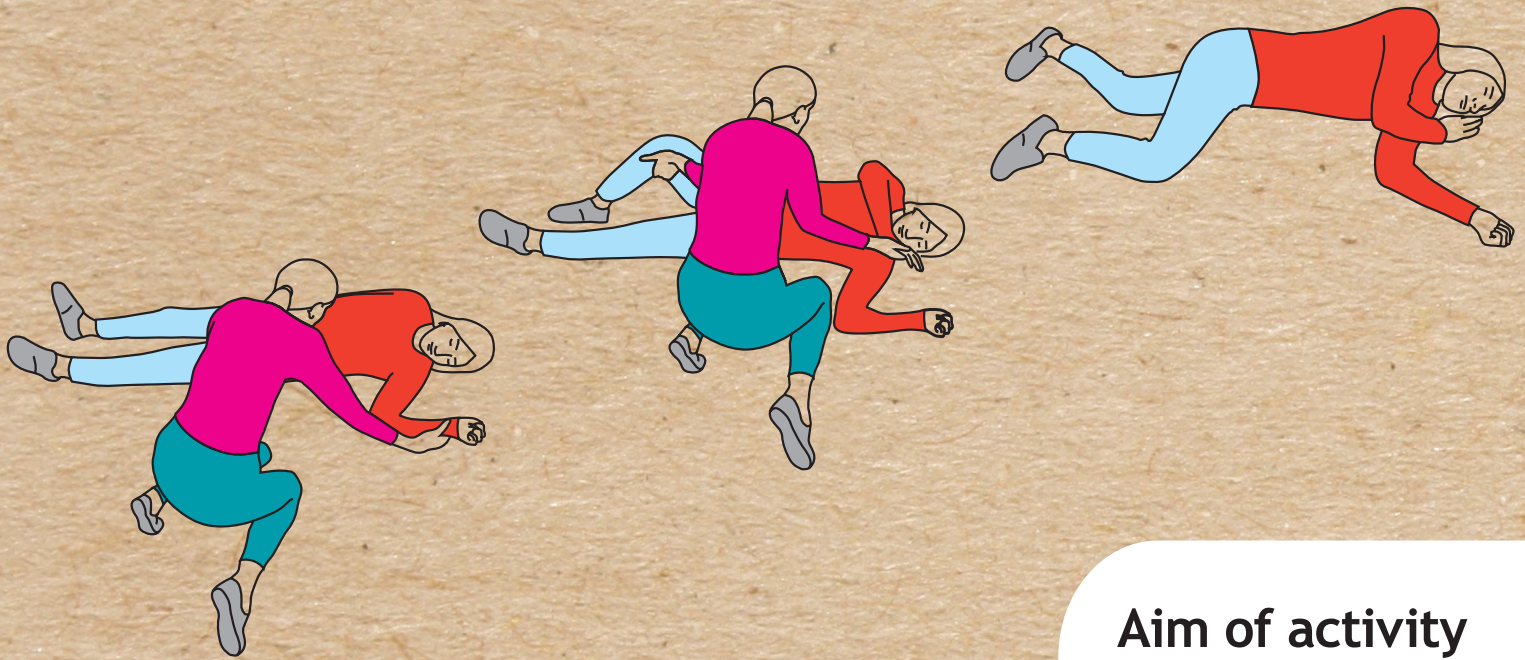
Stage

2

45 mins



Skills builder



## What you'll get out of it

- Practise the recovery position.
- Follow instructions.

## What you'll need

- A large, clear space

## Aim of activity

If someone is unresponsive but breathing normally, leaving them laying on their back can be dangerous. Explore how putting someone in the recovery position can help.

St John  
Ambulance



WE DISCOVER, WE GROW

Girlguiding



# First aid

## Note to leader

This activity should be completed after *Can you hear me?* and *Call for a DR ABC*. A leader with first aid training will need to demonstrate the recovery position.

## What to do

**1** As a group, talk about what happens when someone's unresponsive. How can you tell? Can you remember DR ABC? If they're unresponsive and breathing normally, you will need to put them in the recovery position.

**2** Your leader will demonstrate how to put someone into the recovery position.

### Recovery position

If you need help to understand, look at the pictures on the front.

- Pat their pockets and take out anything in there. If they're wearing glasses, remove them. Put them somewhere safe.
- Take the arm that's closest to you and put it at a right angle with their palm facing up and elbow bent.
- Bring their other arm across their chest and hold the back of their hand against, their cheek nearest to you.
- With your other hand, take the leg furthest away from you and hold it just above the knee. Bend the leg, you'll use this as a lever. Pull it up so their foot is flat on the floor.
- While keeping their hand pressed against their cheek, gently pull their knee towards you and roll them over onto their side. Bring the leg to a right angle to make sure they don't roll back.
- Check that the casualty's head is supported by their hand and open the airway by tilting the head back. The airway is how the air reaches a person's lungs.

**3** Now it's your turn to have a go. Get into pairs and spread out with enough space to move around on the floor.

**4** Take turns to put each other in the recovery position.

**5** Try it two or three times. Your leader will be looking around the room to make sure everyone's doing it right.

## Top tip

If you think someone has hurt their back, don't move them, just make sure their airway is open and clear. For example, if they have been in a car accident or fallen from a height.

If they're unresponsive, they may be able to hear you. Talk them through what you're doing.

**6** When you've all practised, come back together. Talk about how it felt when you were in the recovery position. Why would we lie someone like this?

**7** The recovery position is one of the most important things to know in first aid and can be used on anyone. When you get a chance at home, practise on someone bigger than you.

## Take it further

With a partner, try doing DR ABC before you put them in the recovery position.