

# THE RECOVERY POSITION

A quick reference guide to learn the recovery position, and peer assessment check.

Do you (or your partner) complete the following steps in order?

Practice this skill in a quiet area. Watch your partner and offer them feedback to help them improve their performance for the final assessment.



## 1 CHECK FOR DANGER

This is ALWAYS the first step.

We put someone in the recovery position when they are

- Not responding
- Breathing

Think about what we might do if they were NOT breathing? Talk with your partner and we will discuss as a class later.



Stop to think

## 2 MOVE BOTH ARMS and BEND THE LEG

Closest arm - 90 degree angle

Furthest arm - at the side of the body

Furthest leg - bend so foot is flat and HOLD!!!



Stop to think

Why does the closest arm have to be in this position?

Why hold the leg?

## 3 SUPPORT AND ROLL



Clasp the furthest hand and place on the cheek.



Keep YOUR hand in position at all times!



ROTATE to body using the leg as leverage.

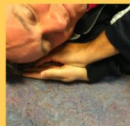
Why do we complete these three important steps?

- Why is the hand on the cheek?
- Why are we holding the hand in place, and the knee?
- Why do we rotate by pulling the knee?



Stop to think

## 4 MAKING COMFORTABLE



Remove your hand SLOWLY, adjust the leg and tilt the chin back.

Why do we make the casualty comfortable and what does tilting the chin do?

When might this be particularly important?



Stop to think

## WHAT NEXT?

Once you are confident that you can correctly complete the recover position, and have thoroughly checked your partner's performance, select one of the three QR codes below, and complete the extension task.

Save your work in the HEALTH NOTES Google Doc.



Ready for your assessment?

Miss Koyte  
Grade 9 PE and Health