



## Recovery Position

An unresponsive victim who is breathing normally, and who is not suspected of having a spinal injury, should be put in the **recovery position** (see Skill: “Recovery Position”). This position is used for several reasons:

- It helps keep the airway open.
- It allows fluids to drain from the mouth so that the victim does not choke on blood, vomit or other fluids.
- It prevents the victim from inhaling stomach contents if the victim vomits.

For an unresponsive, breathing infant, hold the infant’s face down over your arm with his or her head slightly lower than the body (**Figure 4-2**). Support the head and neck with your hand and keep the nose and mouth clear.

**FIGURE 4-2**  
Infant recovery position.



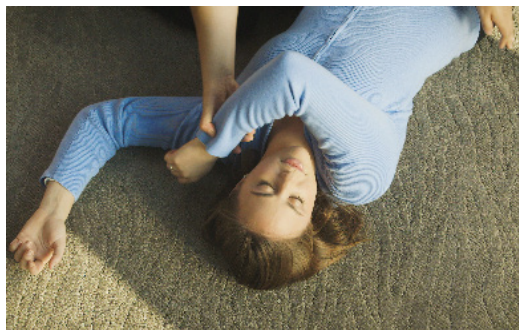
Once the victim is in the recovery position, continue to monitor breathing while waiting for advanced help to arrive, and observe the victim for bleeding, medical alert bracelets or insignia and any deformities that may indicate a serious injury. Give this information to responding EMS professionals.



### SKILL: RECOVERY POSITION

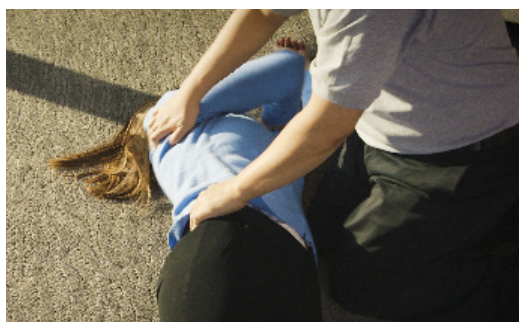
#### STEP 1

Position the victim’s arm farthest from you across the victim’s body.



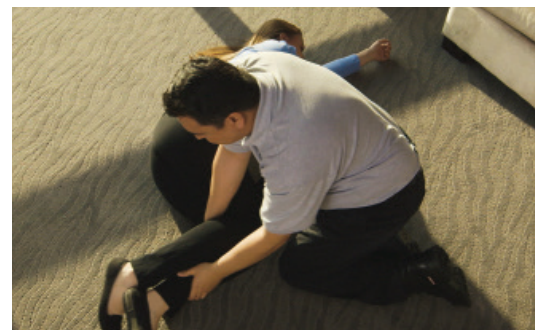
#### STEP 2

Grasp the victim at the shoulder and hips, and roll them toward you.



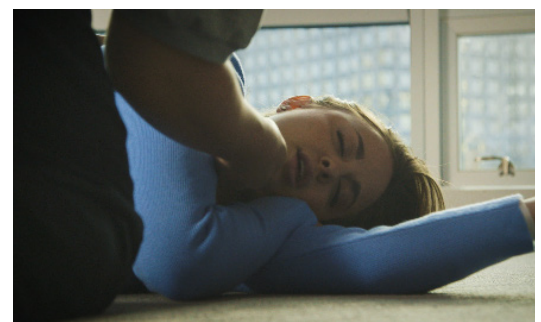
#### STEP 3

Bend both legs so the victim’s position is stabilized.



#### STEP 4

With the victim now in position, check the airway and open the mouth to allow drainage.



#### National Safety Council

1121 Spring Lake Drive  
Itasca, IL 60143-3201  
(800) 621-7619  
nsc.org