

Emergency Aid Stage 1 Badge

Helping Someone Who Is Unconscious

Recovery Position[©]

By Samantha Eagle

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Overview

For this task the children will practise putting a patient in the 'Recovery Position' and learn how to open a person's airway.

Preparation Before The Meeting

1. Print and cut out a copy of the 'Know How to Open an Airway' picture – you need one between 4 children (there are two on the page to save paper)
2. Print the 'How to Place In The Recovery Position' handout - you need one between 4 children (there are two on the page to save paper)

Materials Needed

- None

Directions/Leader Speak

1. **Speak** – The next task you need to do for your 'Emergency Aid Stage 1 Badge' is to help someone who is unconscious
2. **Speak** – If you find someone unconscious but they are breathing you need to put them into the recovery position then call the emergency services. If you think they may have a spinal injury then don't put them into the recovery position but you need to open their airway.

Activity 1 – Open Airway

1. **Speak** – We will look at how to open someone's airway first...
2. **Speak** – Let's look at a picture of someone doing this...
3. **Action** - Hand out the 'Know How to Open an Airway' picture to each group of 4 children
4. **Action** - Now demonstrate how to do this using one of the children as a patient (the instructions are at the top of the picture)
5. **Direction** - Once you've finished the demonstration get the children to practise on each other with the help of a leader/first aider

Activity 2 – Recovery Position

1. **Speak** - Now let's look how to put someone in the recovery position. This will keep their airway clear and open. It also ensures that any vomit or fluid won't cause them to choke
2. **Action** - Hand out the 'How to Place In The Recovery Position' handout to each group of 4 children
3. **Action** - Now demonstrate how to do this using one of the children as a patient (the instructions are on the handout)
4. **Direction** - Once you've finished the demonstration get the children to practise on each other with the help of a leader/first aider, and taking it in turns to be the patient

Know How to Open an Airway

1. Open the airway by placing **one** hand on the casualty's **forehead** and gently tilting the **head** back
2. Then lift the **chin** using **two** fingers only. This will move the casualty's tongue away from the back of the mouth.



Know How to Open an Airway

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2. Then lift the **chin** using **two** fingers only. This will move the casualty's tongue away from the back of the mouth.



How to Place In The Recovery Position...



1

Place the arm closest to you at right angles to the casualty's body, with elbow bent and palm facing up.



2

Cross the other arm over the casualty's body and hold the back of his hand against his cheek nearest to you.



3

Grasp the far leg above the knee and pull it up so the knee is bent.



4

Pull the leg towards you so the casualty is now lying on his side facing towards you. Make sure the casualty's airway is open and check his breathing regularly until emergency help arrives.



How to Place In The Recovery Position...



1

Place the arm closest to you at right angles to the casualty's body, with elbow bent and palm facing up.



2

Cross the other arm over the casualty's body and hold the back of his hand against his cheek nearest to you.



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