



First Aid

The Recovery Position

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The Recovery Position

- By the unconscious casualty only, with regular and sufficient breathing.

Remember !

Make frequent checks on breathing and circulation to unconscious casualty. If the casualty doesn't breathe or breaths insufficiently – **start CPR!**

Sufficient and regular breathing

- **Dialling of EMS 155**









Remember!

- Leave an unconscious casualty only in case to call for help (dialling of EMS).

A photograph of a man lying on his back on a grassy area. His head is tilted back, and his eyes are closed. He is wearing a dark long-sleeved shirt, blue and white checkered pants, and brown boots. Two callout boxes are overlaid on the image: one in the top left corner pointing to his head, and one in the bottom center pointing to his neck area.

Head tilt

Open the
airway