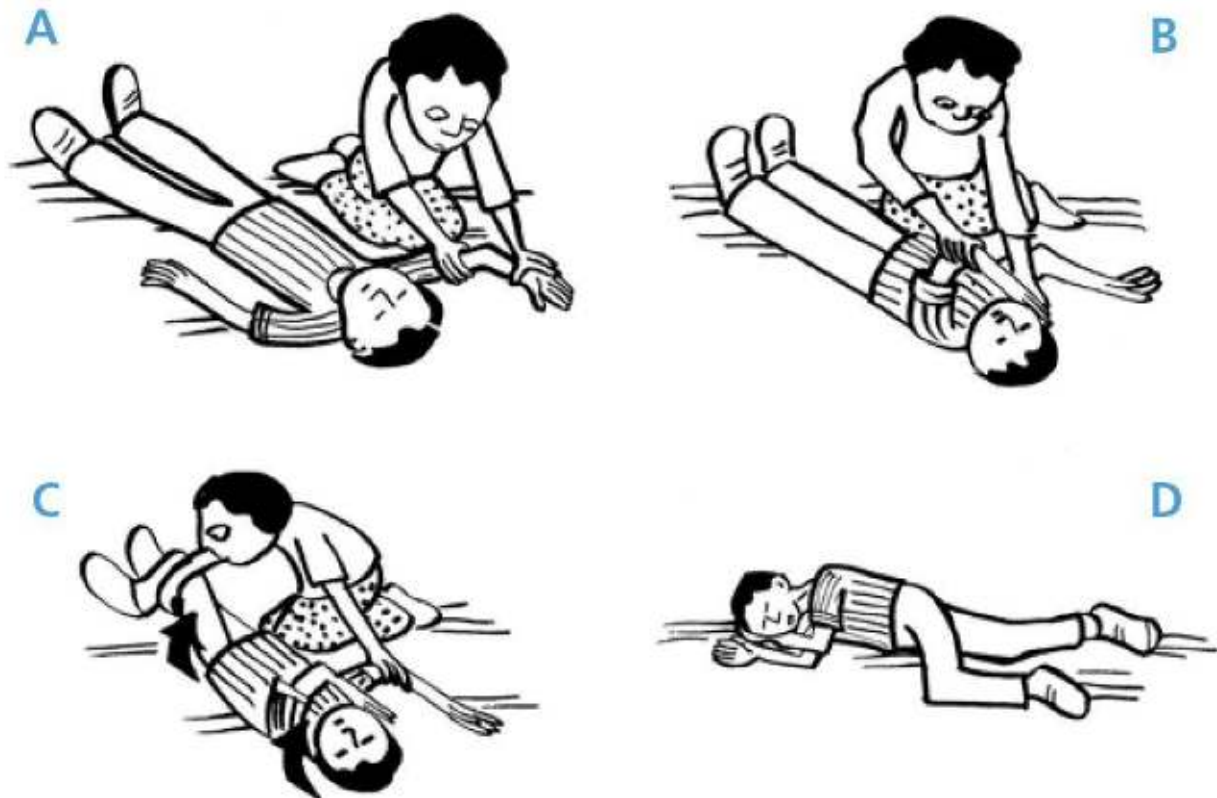


When seizures occur → Recovery Position

Figures A–D: The recovery position



- A.** Kneel on the floor on one side of the person. Place the arm closest to you at a right angle to their body with the person's hand upwards towards the head (see Figure A above).
- B.** Place the other hand under the side of the person's head, so that the back of the hand is touching the cheek (see Figure B above).
- C.** Bend the knee furthest from you to a right angle. Roll the person carefully onto his or her side by pulling on the bent knee (see Figure C above).
- D.** The person's top arm should be supporting the head and the bottom arm will stop the person from rolling too far (see Figure D above). **Open the person's airway by gently tilting his or her head back and lifting the chin, and check that nothing is blocking the airway.** This manoeuvre moves the tongue out of the airway and helps the person breathe better and prevents choking from secretions and vomit.
- ▶ Do not try to restrain or hold the person to the floor.
 - ▶ Do not put anything in the person's mouth.
 - ▶ Move any hard or sharp objects away from the person to prevent injury.
 - ▶ Stay with the person until the seizure stops and the person regains consciousness.