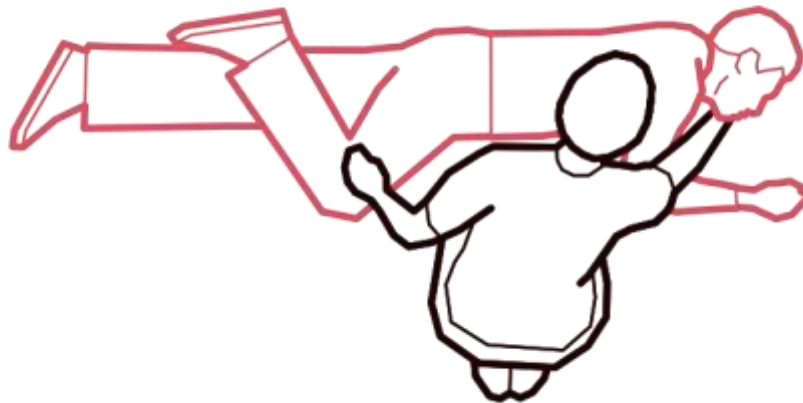


Recovery Position

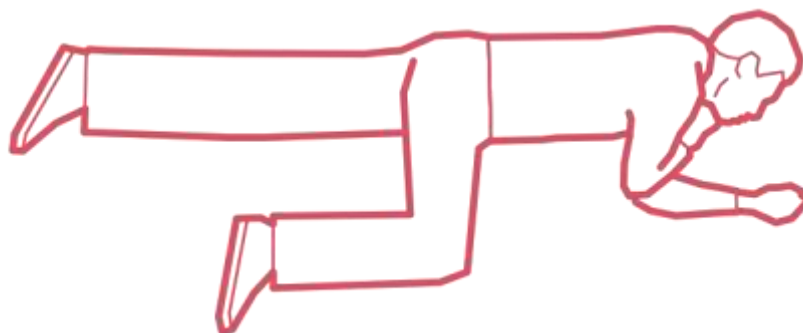
1



2



3



If there is **NO** heart beat **OR** no breathing, attempt chest compressions and rescue breaths (mouth to mouth)

or

If someone **IS** unconscious **AND** breathing, put them in the recovery position as shown

- Open their airway by tilting the head back and lifting the chin
- Straighten the legs
- Place the arm nearest to you at right angles to their body
- Pull the arm furthest from you across their chest and place the back of their hand against the cheek nearest to you
- Get hold of the far leg, just above the knee, and pull it up, keeping the foot flat on the ground
- Keep their hand pressed against the cheek and pull on the upper leg to roll them towards you, and onto their side
- Tilt the head back to make sure they can breathe easily
- Make sure that both the hip and the knee of the upper leg are bent at right angle

Dial 999 and ask for an ambulance. Tell them you suspect someone has overdosed.

Tell them: (If you know)

- What they have taken
- How much they took
 - How they took it
- Did they take anything else with it?
- Whether you have Naloxone with you or not

Stay with them until the ambulance arrives & follow any other instructions given to you from the 999 call handler or Paramedics.