

Life support and resuscitation training should only ever be carried out on recognised resuscitation manikins. Never train using a real person. The photographs shown on this poster are for illustrative purposes only.

Basic life support



Recovery Position

An unconscious casualty whose airway is clear and who is breathing normally should be turned into the recovery position. This prevents the tongue falling back to block the airway, and reduces the risk of stomach contents coming up into the throat and then going down into the lungs.

