

The Amateur Rowing Association is pleased to be working in partnership with the Royal Life Saving Society UK. RLSS UK is the UK's governing body for lifesaving and lifeguarding and is the leading drowning prevention organisation in the UK. The ARA has chosen RLSS UK as its preferred supplier of lifesaving and aquatic first aid training. For further information on lifesaving and aquatic first aid training, visit www.lifesavers.org.uk



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





Shout for help. 02

Open airway. 03

UNRESPONSIVE.

Leave casualty as found.

RESPONSIVE.

**Check and treat** condition.

Get help if needed.

Check for normal breathing.

**BREATHING** 

Call 999 / 112. 05

**ABSENT OR** 

**NOT NORMAL** 

Give 30 chest compressions. 06

Give 2 rescue breaths.

**Continue 30 chest** compressions followed by 2 rescue breaths.

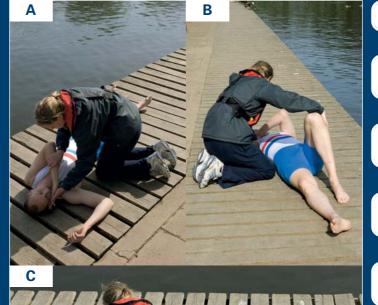
**NORMALLY.** 

**Recovery position** (see right). Reassess.

Call, send or go for an ambulance.

## 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.







Remove the casualty's spectacles (if worn).

Kneel beside the casualty and make sure that both of his legs are straight, with his feet together.

Place the arm nearest to you out at right angles to his body, elbow bent, with the hand palm uppermost.

Bring the far arm across the chest, and hold the back of the hand against the casualty's nearest cheek.

With your other hand, grasp the far leg just above the knee and pull it up, keeping the foot on the ground.

Keeping his hand pressed against his cheek, pull on the leg to roll the casualty towards you onto his side.

Adjust the upper leg so that both the hip and the knee are bent at right angles. C

Tilt the head back to make sure the airway remains open.

Adjust the hand under the cheek, if necessary, to keep the head tilted.

Check breathing regularly.

Care should be taken to ensure that the duration for which there is pressure on the lower arm is kept to a minimum. If the casualty has to be kept in the recovery position for more than 30 minutes he should be turned to the opposite side.