

RECOVERY POSITION

The recovery position helps a person who is semiconscious or unconscious breathe and allows fluids to drain from the nose and throat to avoid aspiration. Do not use the recovery position for a major injury such as a back or neck injury.



1

Place the person on their back and kneel next to their left side. Take the arm closest to you and place it straight out, away from their body, on the floor or ground. Bring their far arm toward you, across their chest, and place the back of that hand against the opposite (closest) cheek. You may have to gently hold their hand against their cheek until you roll them onto their side.

2

With your other hand, pull their far knee up until their foot is flat on the floor or ground. The leg closest to you should remain straight.

3

With one hand on their bent knee and one hand protecting their head, gently pull the bent knee toward you to roll them onto their left side. The knee should remain bent to stabilize their body, so they don't roll all the way over onto their stomach. Their head should be resting on the back of their hand.

4

Gently tilt the person's head back and lift their chin to make sure their airway is open.

Stay with the person until emergency services arrive.

PREVENTION FIRST
Leadership Center

Source: [Harvard Health & St. John Ambulance](#) Image: adapted from original American Red Cross

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