

# First Aid for Children

## THE RECOVERY POSITION

If the casualty is unresponsive but is breathing normally, place them in the recovery position. N.B. Often, victims of Cardiac Arrest will have Agonal breathing. Agonal breaths are irregular, slow, and deep, frequently accompanied by a characteristic snoring sound. The presence of Agonal breathing is often interpreted incorrectly as evidence of a circulation and that CPR is not needed. This is incorrect. Bystanders should suspect Cardiac Arrest and start CPR if the victim is unresponsive and not breathing normally.

Putting an injured child in the recovery position will keep their airway clear and open. It also ensures that any vomit or fluid won't cause them to choke. If you are confident that the casualty is breathing normally, put them into the recovery position as follows:



With the child lying on their back, kneel on the floor at their side.

Put their nearest arm to you at a right angle to their body.



Draw the furthest arm from you across their chest, and place the back of the hand across their cheek.

Keep this position in place while you raise the leg furthest away from you, by grasping the top of the knee.



Gently pull on the knee so the casualty pivots over onto their side, facing you.

Open their airway by gently tilting their head back and lifting their chin, and check that nothing is blocking their airway.



Once you've put them safely into the recovery position, call 999 or 112 for urgent medical help.

Keep checking their breathing. If at any point they stop breathing, begin CPR as outlined above.

**N.B. If you suspect the casualty may have a spinal injury, DO NOT attempt to move them until the Emergency Services reach you.**