

RECOVERY POSITION



CONSIDER body substance isolation.

NOTE: If a Combat Lifesaver is available, direct them to assist.

- 01 POSITION** casualty supine (on their back) without causing any further injuries.
- 02** Gently **PICK UP** the casualty's arm (nearer to you) and **PLACE** casualty's arm at right angle to the body, bent at the elbow with the hand pointing upward.
- 03** Using your hand closer to the casualty's head, **GRASP** the casualty's other arm and **PLACE** the back of casualty's hand against the opposite cheek (for example, against the left cheek if it is the casualty's right hand).
- 04** Keep your hand there to **GUIDE** and **SUPPORT** the casualty's head as you roll them over.
- 05** Use your other arm to **REACH ACROSS** to the casualty's knee that is further from you, and **PULL** casualty's knee up so that the leg is bent and foot rests on its side.
- 06** Gently **PULL** the casualty's knee toward you so the casualty rolls over onto their side facing you.
NOTE: The casualty's body weight should help them roll over easily.
- 07 MOVE** bent leg that is nearer to you, in front of the casualty's body so that it is resting on the floor.
NOTE: This position will help to balance the casualty.
- 08** Gently **RAISE** the casualty's chin to tilt their head back slightly.
NOTE: This will open up their airway and help the casualty to breathe.
- 09 DOCUMENT** all findings and treatments on the DD Form 1380 TCCC Casualty Card and attach it to the casualty.

