

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.

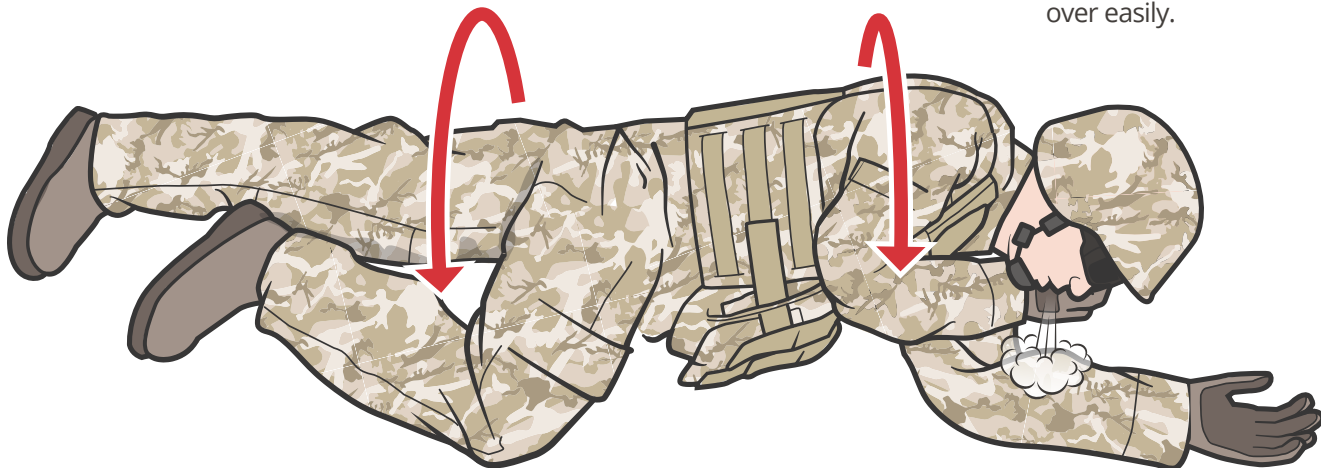
03 Using your hand closer to the casualty's head, **GRASP** the casualty's other arm and **PLACE** the back of casualty's hand against the opposite cheek (for example, against the left cheek if it is the casualty's right hand).



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.