

Stay safe: Resuscitation and recovery position

By safely disposing of your liquid waste, you are helping to protect the natural environment. But it's important to protect yourself and others too.

Each year thousands of people die or are seriously injured through accidents. A lot of these deaths could have been prevented if first aid was given before the emergency services arrived.

What should you do if someone is injured?

- First, check you and the injured person are not in any danger. If you are, make it safe
- Call 999 or 112 for medical help or an ambulance. The operator will be able to talk you through basic life-saving instructions
- Provide the injured person with first aid.

The following provides useful instructions on how to apply basic first aid:

Hands only CPR

If an adult is not breathing normally, call 999 and start CPR straight away. Use hands only CPR if you aren't trained to perform rescue breaths.

To carry out a chest compression:

- Place the heel of your hand on the breastbone at the centre of the person's chest. Place your other hand on top of your first hand and interlock your fingers
- Position yourself with your shoulders above your hands
- Using your body weight (not just your arms) press straight down by 5 to 6cm (2 to 2.5 inches) on their chest
- Keeping your hands on their chest, release the compression and allow the chest to return to its original position
- Repeat these compressions at a rate of 100 to 120 times a minute until an ambulance arrives or you become exhausted.



Recovery position

If an adult is unconscious but breathing and has no visible injuries preventing them from being moved, place them in the recovery position until help arrives. This will keep their airway clear and ensure they won't choke from any fluids.

To place someone in the recovery position you must:

- Lay the person on their back and kneel on the floor at their side
- Extend the arm nearest you at a right angle to their body with their palm facing up
- Take their other arm and fold it so the back of their hand rests on the cheek closest to you, and hold it in place
- Use your free hand to bend the person's knee farthest from you to a right angle
- Carefully roll the person onto their side by pulling on the bent knee
- Make sure their bent arm supports the head (their extended arm will stop you rolling them too far)
- Make sure their bent leg is at a right angle
- Open their airway by gently tilting the head back and lifting the chin, checking that nothing is blocking their airway
- Stay with the person and monitor their condition until help arrives.

