



# Recovery Position Challenge



**I.M.P.S.**  
Learning to be safe



# Recovery Position Challenge

Dear Teacher,

Here is the I.M.P.S. recovery challenge and a certificate to present to each child who takes part.

We are giving all the children an opportunity to become a member of the I.M.P.S. recovery team by teaching family and friends how to put someone into the recovery position.

We are hoping that all schools will support us in this challenge as it will ensure more people are taught the life saving skill of putting an unconscious person into the recovery position.

There is no closing date for the Recovery Position Challenge.

Please let I.M.P.S. know if your class takes part.

[imps@ouh.nhs.uk](mailto:imps@ouh.nhs.uk)



PROUD TO BE PART OF  
**Oxford  
Hospitals  
Charity**  
REGISTERED CHARITY NO. 1175809



## Join the I.M.P.S. Recovery Team

Teach a friend or relative how to do the recovery position and help to raise awareness of what an important life saving skill it can be.

Use the recovery position when a person is unconscious and breathing.

Remember your DRS AB!

Date	Name of person you teach
e.g. 12/03/2024	Jennifer Friend

Thank you very much for your help and support.

For more information visit [www.impsweb.co.uk](http://www.impsweb.co.uk)

# RECOVERY POSITION

## WHAT TO DO IF SOMEONE IS UNCONSCIOUS AND BREATHING



It is a really good idea for your class to practice putting each other into the recovery position following your I.M.P.S. visit and you can do this during your PE lesson.

### RECOVERY POSITION



When you have decided the person is unconscious and continues to breathe they need to be placed in a safe position to maintain an open airway and reduce the risk of inhaling vomit.

**Remember D.R.S.A.B. recovery position.999**

**Follow this sequence of actions as recommended by I.M.P.S.**

1. Remove the victim's spectacles
2. Kneel beside the victim and make sure that both his legs are straight
3. Place the arm nearest to you at right angles to his body, elbow bent with the hand palm uppermost
4. Bring the far arm across the chest, and hold the back of the hand against the victim's cheek nearest to you. If the person is wearing a ring with a stone you may turn the ring inwards to prevent scratching of the face
5. With your other hand, grasp the far leg just above the knee and pull it up, keeping the foot on the ground
6. Keeping his hand pressed against his cheek, pull on the far leg to roll the victim towards you onto his side
7. Adjust the upper leg so that both the hip and knee are bent at right angles
8. tilt the head back to make sure the airway remains open
9. Adjust the hand under the cheek, if necessary, to keep the head tilted.
10. Check breathing regularly
11. Get help and phone for an ambulance



# This is to certify that

add name here

has become a member of the

I.M.P.S. Recovery Team

by

teaching the recovery position

to family and friends.



**Thank you from the I.M.P.S. Team**

