

What is Recovery Position?

Worksheet

Recovery position is the safe posture for an unconscious but breathing person: lying on their side with the head tilted back, one leg bent for stability, and airway kept clear.

Questions

1. An unconscious person is breathing. What position do you place them in?
 - A) Flat on their back
 - B) Flat on their front
 - C) On their side (recovery position)
 - D) Sitting upright
2. Why tilt the head back in recovery position?
 - A) To keep them awake
 - B) To open the airway
 - C) To stop bleeding
 - D) To check for response
3. What is the purpose of bending one leg in recovery position?
 - A) To prevent movement
 - B) For comfort
 - C) To stabilize the body
 - D) To check for fractures
4. If a casualty is unresponsive with no pulse, use recovery position?
 - A) Yes, always
 - B) No, perform CPR instead
 - C) Yes, after CPR
 - D) Only if there's bleeding
5. A person is unconscious at a café but still breathing normally. What first-aid position do you place them in?
6. An injured cyclist is unresponsive but has a pulse and breathing. What is your next step?
7. Why is recovery position better than lying flat on the back?
8. Define: What is recovery position used for?
9. Define: Which side should the person lie on?
10. Define: Why is recovery position important?

Answer Key

1. C) On their side (recovery position) — Recovery position (on their side) keeps the airway open and prevents choking.
2. B) To open the airway — Head tilt opens the airway and prevents tongue obstruction.
3. C) To stabilize the body — One bent leg provides stability and prevents the person rolling forward.
4. B) No, perform CPR instead — Recovery position is for unconscious but BREATHING people. No pulse means start CPR.
5. Check the person is breathing (listen, watch chest). Place them on their side — this is recovery position. Tilt head back to keep airway open. Bend one leg for stability.
6. Confirm they are breathing (clear airway if needed). Place them in recovery position on their side. Monitor breathing and stay with them until help arrives. Do NOT leave them on their back.
7. On the back, the tongue can block the airway. Fluids (saliva, blood) can be aspirated into the lungs. Recovery position keeps airway clear and drains fluids safely out.
8. Placing an unconscious but breathing person safely to keep airway open.
9. On their side — head tilted back, one leg bent, body stable.
10. It prevents choking, keeps airway clear, and allows fluids to drain safely.

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