

Task: a) *Work in pairs: summarize the following first aid procedure and be prepared to present it to your classmates.*

b) *Form groups of 4 to 8 students (A, B, C, D). Present the first aid procedure you have just prepared.*

B: Recovery Position

Recovery position prevents the tongue from falling back and blocking the airway if the patient is unconscious but with intact breathing and pulse.

What to do:

- Place the patient on their back.
- Lift the chin to make sure that the airway is open.
- Patient's arm on your side should be positioned so as to make a right angle with his body, with elbow bent and palm facing out.
- Patient's other arm on opposite side should be placed across the chest, with back of their hand against the cheek on your side of the patient.
- Pull up the patient's knee joint (side away from you) as it bends with the foot flat on the ground.
- Roll over the patient in this position towards your side.
- By putting the patient's head back make sure that the airway is open.
- The uppermost leg should be adjusted in such a way that the hip and knee are at right angles.
- Seek immediate medical help / ambulance.



annotations

recovery position: stabile Seitnlage - **unconscious:** bewusstlos - **chin:** Kinn- **to prevent from:** (ver)hindern - **to lift:** anheben - **right angle:** rechter Winkel - **elbow:** Ellbogen - **palm:** Handfläche - **to bend:** biegen - **chest:** Brust - **cheek:** Backe - **to pull:** ziehen - **knee joint:** Kniegelenk - **flat:** flach - **to adjust:** (ein)stellen - **uppermost:** ober- - **hip:** Hüfte