

How to help an unconscious person

1. When you see a collapsed person, find out does he respond to shaking of the shoulders. If he does not wake up, shout for help or dial yourself 112 for the emergency service and follow the instructions given.

Check if the patient is breathing. If he is breathing, place him in the recovery position to ensure continuous breathing.

2. Place an unconscious in the recovery position to ensure continuous breathing. Place the nearest arm at right angle to the body. Bring the furthest arm from you across the casualty's chest.

Hold the back of his hand against his cheek. Pull up the casualty's far leg, just above the knee.

Keep head tilted so that airway remains open.

Ensure the airway is open, also for eventual waking, until professional helpers arrive.