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 normally, place him in the recovery position to ensure continuous breathing.

2. If he does not wake up, shout for help or dial yourself 112 for the emergency service and follow the instructions given.

3. Check if the patient is breathing normally.
Open the airways by lifting the chin upwards and tilting the head back. Check if the person’s chest is rising. Feel and listen the air stream from the mouth and the nose.

4. 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.

Grasp the casualty’s shoulder and the bent knee and roll him towards you, until he is lying on his side.

Keep head tilted so that airway remains open.

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