



OSCE Checklist: Recovery Position

Check for danger	
1	To ensure the area around the casualty is safe, check for things that could injure you or the casualty
Check for a response	
2	Kneel next to the casualty and establish if they are conscious by gently shaking their shoulders whilst asking loudly "Are you alright?"
3	If they do not respond you need to shout for help and establish if they are breathing
Open airway and check breathing	
4	Position the patient on their back
5	Perform a head-tilt chin-lift manoeuvre by placing one hand on the casualty's forehead and the other on the chin to tilt their head back
6	Check for breathing by placing your ear next to the casualty's mouth. Listen for breathing, look for the chest rising and feel for breath on your cheek for 10 seconds.
Place the casualty in the recovery position	
7	Before placing the casualty in the recovery position, it is important to ensure there is nothing on the ground that could hurt them. You should also check there is nothing in their pockets that could hurt them when they are rolled onto their side. If the patient is wearing glasses, these should also be removed.
8	With the patient on their back, place the arm nearest to you in a right angle at the shoulder joint (90° abduction) and the elbow joint (90° flexion)
9	Lift the casualty's hand that is furthest away from you and place the dorsum of the hand against the casualty's cheek on the side closest to you to cushion their head
10	Grasp the underside of the casualty's knee furthest away from you and lift it up
11	Whilst holding the casualty's hand that is against their cheek, use your other hand underneath their knee to gently roll them towards you
12	Once they are on their side, ensure the knee and hip joints of the leg you used to roll them are flexed to 90°. This ensures the casualty does not roll back onto their back.
Final steps	
13	Once the casualty is in the recovery position it is vitally important to check their breathing again. Perform the same head-tilt chin-lift manoeuvre as you did previously and check they are breathing normally for 10 seconds, making sure to look, listen and feel for breathing.
14	You should then call an ambulance and explain the casualty's condition and your location
15	Continue to check for breathing every minute using the same technique. If the casualty stops breathing at any point, roll them onto their back and commence CPR.
16	To prevent pressure sores, you should roll the casualty onto their other side every 15 minutes. Do this by rolling them onto their back gently and performing the same steps as above from the other side of the casualty.