

## Centre of the Cell's 'Trauma 999' Challenge



### First aid is a simple skill that can have a huge impact

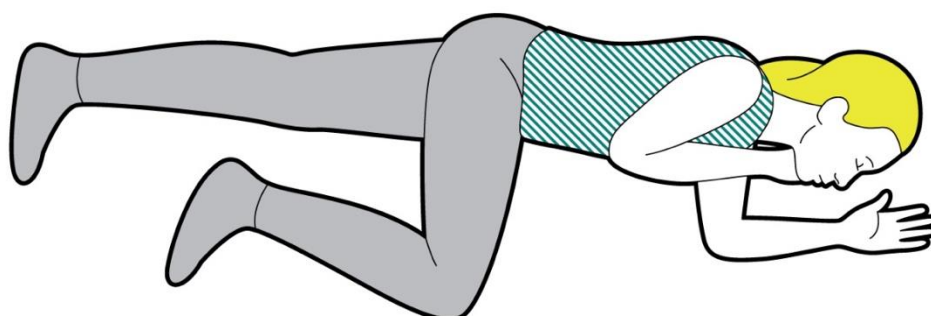
In Britain, many deaths would be prevented every year if first aid was carried out before the emergency services arrive. First aid is a vital skill. It is a skill recognised by courses like Duke of Edinburgh, and one that could enhance a university or job application.

First aid courses range from basic to advanced. Skills taught on these courses will include learning CPR, dealing with minor and major wounds, choking, burns, asthma, heart attacks, strokes and more. It is important to have proper training before attempting most types first aid. Below we will demonstrate one of the simplest, but highly effective, first aid methods you can use to potentially save a life.

### What should you do if someone is unresponsive?

If a person is unconscious but is breathing and has no other life-threatening conditions, they should be placed in the recovery position. The recovery position keeps a person's airway clear and ensures they will not choke on their body fluids.

### The recovery position



**Steps:**

1. Kneel next to the person.
2. Straighten both their legs.
3. Place the arm nearest to you at a right angle to their body, palm facing up.
4. Bring the other arm across their chest and place the back of the hand against the cheek closest to you.
5. Hold the hand to the cheek while carrying out steps **6** and **7**.
6. Lift the leg furthest from you until the foot is flat on the floor (bend the knee upwards).
7. Pull on the knee to roll them into the recovery position.
8. Ensure their bent leg is at a right angle to their body.
9. Tilt their head back and lift their chin – this opens the airway.
10. Call 999, 112 or for appropriate help.
11. Stay with the person and monitor their condition until help arrives.
12. If help takes longer than 30 minutes to arrive, switch the recovery position to the alternative side.
13. **Do not move** if back or neck injury is suspected – call 999 or 112 immediately.

**Over to you!**

Practice placing a family member/ friend into the recovery position. **Do not attempt on babies.**

Which step do you find trickiest to carry out?

It may feel strange to put someone in the recovery position **before** calling for help. However, **it is essential to ensure that the patient does not choke on their tongue, phlegm or vomit** before help arrives. Thousands of people die this way every year, even though they do not have a serious medical condition.

For further information on the recovery position or first aid courses check out the **NHS**, **St John Ambulance** or **British Red Cross** websites. Some first aid providers have moved courses online for the period of social isolation – a perfect opportunity to gain a valuable skill!

Let us know how your  
challenge goes on social media  
@CentreoftheCell!