

Helping someone who is:

Unresponsive and breathing

Key action:

Move them onto their side and tilt their head back.



Recognise what to do:

The person is not moving or does not respond when you call their name or shake their shoulders.

Check for breathing: tilt their head back and look at their chest or stomach to see if it is moving. Look, listen and feel for breaths on your cheek.

If they are breathing, their chest or stomach will move. You should also hear or feel signs of breaths.

Steps to take:

Move them onto their side and tilt their head back.

Call 999 immediately, or get someone else to do it.

Supporting knowledge:

Putting them on their side with their head back helps keep their airway open by making sure their tongue falls forward and blood and vomit can drain out.

