

Instructions

THE UNCONSCIOUS PERSON IS SITTING UP

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- 1. Can you wake the person up?**
 - Try to wake them up by talking and shaking.
- 2. If the person does not wake up, call 112.**
 - Put the phone on speaker.
- 3. Cross their arms on their chest, grab them from behind and move them on their back.**
- 4. Clear the airways by tilting the head back.**
 - Feel the breath with your cheek. Also check if the person's chest is moving.
- 5. Is the person breathing normally?**
 - Turn the person on their side.
- 6. Ensure that the airways are clear and see if the breathing remains normal.**
 - Observe the patient until the paramedics arrive.