

# Instructions

## UNCONSCIOUS PERSON IS LYING ON THEIR STOMACH

Johannes Wehn



- 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. Turn the person on their back.**
  - To make the turning easier, stretch their arm upwards along the floor.
- 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 breathing normal?**  
**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.