



HOW TO HOLD A BABY IN THE RECOVERY POSITION

- 1. Cradle them in your arms,
with their head tilted
downwards**
- 2. Call 999/112
for emergency help**
- 3. Monitor their
breathing,
pulse and level
of response.**



Learn first aid.

Help save lives.

Be the difference.

More life saving techniques and videos can be found on our website.

sja.org.uk