



1

- Lay the person down on their back with their legs stretched out.
- Kneel down beside them.
- Place the arm nearest to you on the floor next to their head in a bent position with their palm facing up.



2

- By taking the person's hand that is furthest away from you, pull their arm across their chest.
- Guide the back of their hand to their face so that it rests against the cheek closest to you. Hold it in place with one of your hands.



3

- Use your other hand to take hold of the thigh that is furthest away from you (for instance by touching their trousers – not at their knee joint).
- Pull the leg up so the knee is bent and the foot is on the ground.
- Gently roll their entire body towards you.



4

- The leg you pulled up should now rest on the ground in front of them, with the thigh at a right angle to their body.
- Gently tilt their head back a little and open their mouth slightly to make it easier for them to breathe.
- Keep their hand placed next to their head between their chin and the ground to stabilize the position of their head.

