

## Restoring airway

**POSITIONING BODY:****Conscious person:**

- An awake person will generally find the position best for themselves. Assist as needed:

**Tripod positions (maximizes airway):**

- Sitting: on chair/ platform, feet shoulder-width apart, elbows or hands on knees, leaning forward some.
- Standing: legs shoulder-width apart, hands on knees, arms straight, leaning forward, straight back.

**Unconscious person:**

- **Recovery position (in-line stabilization)**: laying survivor on their least-injured side, for comfort and stability. Support head & neck carefully when rolling to the side. (Use 2<sup>nd</sup>+ person/s to assist). Position:
  - Bottom Arm, closest to you, placed outward from their body
  - Legs: Bent slightly. Turn legs in tandem with upper body towards you, bracing body on its side
  - Top Arm: Rest hand on bicep of bottom arm
  - Head: Rest on upper hand
  - Chin: Raised forward (improves air intake)
  - Mouth: Pointed downward (drains discharge)
- **Jaw-thrust maneuver:**
  1. Kneel behind adult patient's head
  2. Put one hand on each side of the patient's head with the thumbs near the corners of the mouth pointed toward the chin; your elbows steadied against your body
  3. Slide the fingers into position under the patient's jawbone, without pressing on soft throat tissue
  4. Thrust the jaw upward without/ minimally moving the head or neck, to lift the jaw and open the airway. Hold/ stabilize this position.