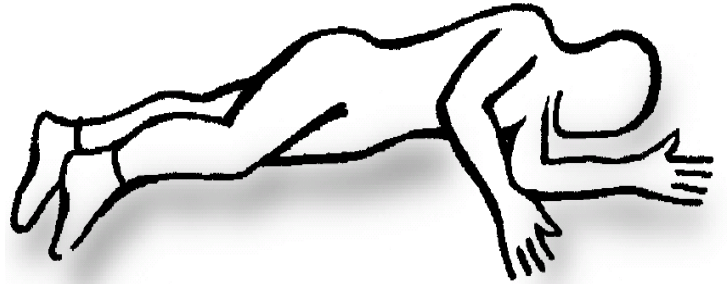
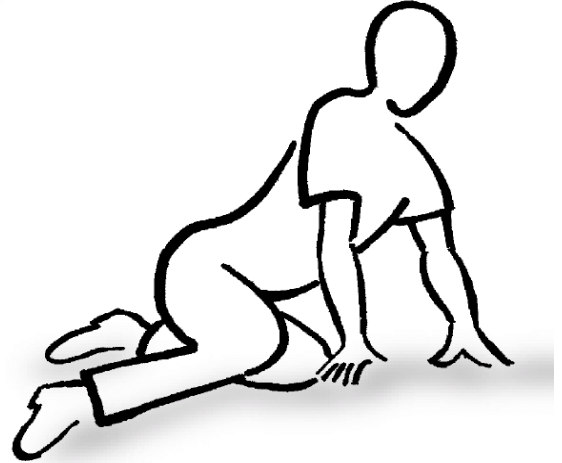


**1**

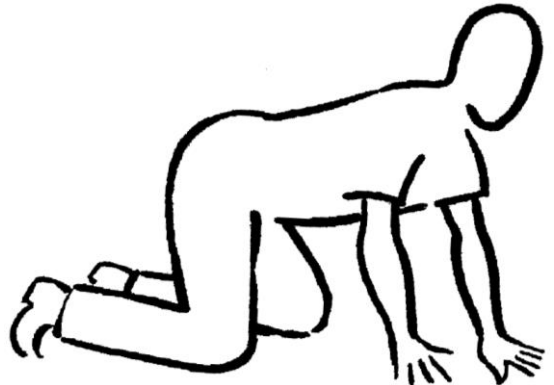
Person to lie on their side in recovery position.

**2**

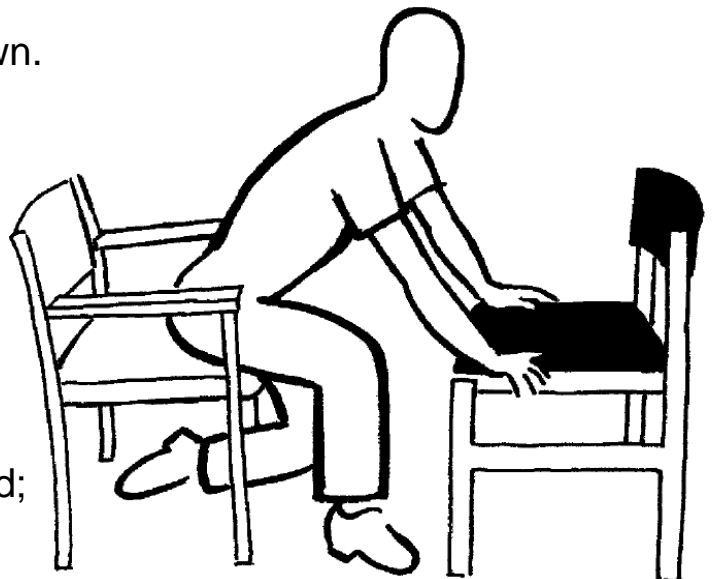
Push up to side sitting.

**3**

Roll over onto both knees.

**4**

Carer to position chairs as shown.  
Person to place hands on chair,  
lean forwards, and bring foot  
forward flat on floor.  
Push up to sit on chair.



**N.B.** Do not attempt if person is injured;  
call paramedics.