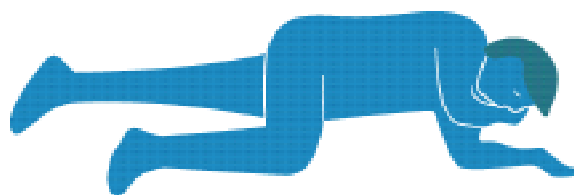




# Helping someone who is unresponsive and breathing



Key action:

**Move them onto their side and tilt their head back.**



**Recognise what to do:**

The person is not moving or does not respond when you call their name or tap their shoulders. If it's an adult you may need to shake their shoulders.

Check if they are breathing. Tilt their head back - Is their chest moving? Can you hear, see or feel them breathing? If the answer is yes, they are breathing.

**Steps to take:**

Move them onto their side and tilt their head back.

Call 999 immediately.

**Supporting knowledge:**

Putting them on their side with their head back helps keep their airway open by making sure their tongue falls forward and blood and vomit can drain out.

