

OVERDOSE EMERGENCY

*Oh My God!
Gemma's overdosed and she's unconscious!
What the hell do I do now!*



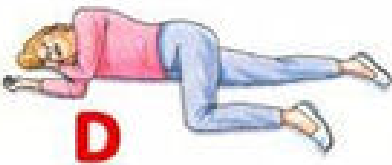
Tilting their head back, move their nearest arm up, as though they are stopping traffic



Lift the furthest knee and bring their furthest hand to the near side of their face



Using the knee as a lever, pull them towards you, onto your knees



Adjust their position, so that they're comfortable

REMEMBER!

Only put someone into the recovery position, if they're breathing and have a pulse!

In an emergency ALWAYS dial

'999'

For further information speak to your Key Worker

Safer
Herefordshire