Modified H.A.IN.E.S. Recovery Position

The modified *H.A.IN.E.S. Recovery Position, which has been further improved as a result of clinical research findings, and is now recommended by the American Heart Association (AHA), now offers an even better alternative for airway and spinal protection for the ‘Unconscious, Suspected Spinal Injured’ casualty.

This **clinically researched position not only protects the casualty’s airway, but also significantly reduces the amount of side-ways movement (lateral flexion) of the head and neck.

**Placing a casualty into the H.A.IN.E.S. recovery position**

1. With the unconscious casualty lying supine (on their back), kneel beside the casualty's waist. The casualty's arm furthest away from the first aider should then be fully raised by rotating it outwards to ensure it is beside the casualty's head. This is achieved automatically by ensuring the palm is facing upwards.

2. The casualty's upper limb nearer to the rescuer is placed across the chest, with fingers pointing to the opposite shoulder.
3. Flex (bend) the casualty's nearest lower leg at the knee

4. The first aider's forearm nearest to the casualty's head and neck, is then carefully placed under the casualty's nearest shoulder to provide extra leverage, and to avoid pushing on the head and neck.

5. The rescuer's hand (of the stabilising arm at head end) is then placed under the hollow of casualty's neck and head to provide stabilisation ONLY. **DO NOT** push/lift the casualty's head or neck.
6. The casualty is then carefully rolled away from the rescuer, by simultaneously pushing on the casualty’s nearest shoulder with the first aider’s forearm of the stabilising hand (DO NOT push on the head or neck), and the casualty’s flexed knee (with the rescuer’s free hand), ensuring large casualty’s do not roll into the prone position.

**Note:** Ensure the head remains in contact with the casualty's raised arm and supported by the First Aider’s hand.

7. Whilst still supporting the head and neck, place the hand of the casualty's upper arm 'Palm down', placing the fingers under the Armpit of the underarm.

8. As soon as the hand from the upper arm is placed into the armpit, ensure the Forearm is flat on the surface and is position at 90 degrees to the body.

9. When the casualty is positioned on their side, check the airway and if required, clear with the face turned slightly downwards to permit drainage from the mouth (while still being supported on the raised arm underneath).

**Warning**
Once the casualty is placed into the H.A.In.E.S. Recovery Position, use airway manoeuvres such as 'Jaw Thrust' (lifting the jaw forward and upward, while avoiding pressure on the neck) first, in preference to head tilt in order to further reduce movement to the neck.

The above instructions are FREE for public access & use

Find more information at [www.australianfirstaid.com](http://www.australianfirstaid.com)

* H.A.IN.E.S. is an acronym for High Arm IN Endangered Spine
