Question 224) - What should someone do if he forgets the first sitting in a three or four Rak'ah Salaah?

A: He should examine his state. If he is closer to sitting, he should return to the sitting, recite Tashshahud and complete the rest of the Salaah. There is

no Sujud~us Sahw. If however he is closer to standing then he should not return to sitting but continue to the standing position and complete his Salah. After the final Tashshahud he should make Sujudus Sahw and make Salam.

~ al-Quduri ~