



Treating Bleeding

- Your aim is to stop bleeding as quickly as possible. Apply a dressing and get help if blood loss is great.
- Put on disposable gloves (protecting yourself is the most important!).
- Remove clothing as necessary to make sure that you can see the wound.
- Apply direct pressure to the wound using your palm (you can ask the casualty to do this themselves), and raise and support the injured limb above the level of the casualty's heart to reduce blood loss. If someone has an injured arm, lift it up. If the wound is on someone's leg, lie them down (on a blanket) and raise both legs (rest them on a pile of jackets, an overturned chair, etc.).
- Take a sterile dressing or non-fluffy, clean pad and press it down on the wound. Use cotton wool or a few more dressings to build up some padding.





- Secure the dressing with a bandage that is tight enough to maintain the pressure that your hand was putting on the wound. Start just a little up from the wound on the side farthest away from the heart, then wrap the bandage around, covering a little bit of wrapped bandage with the next roll around.
- Make sure that the bandage is not too tight, and always remember to check circulation on the far side of the bandage from the heart. Do this by pinching the extremity and checking that the colour returns to the skin within two seconds.
- Support the injured part in its raised position with an elevation sling and/or bandaging.

