

FIRST AID: BLEEDING



While most incidences of bleeding are not life-threatening, more severe cases require proper first aid and urgent medical assistance. It's essential that you know the steps to control blood loss.



Apply Dressing

Pack the wound with bleeding control gauze or any clean cloth.

1

2

Apply Pressure with Hands

Apply direct pressure to the wound.



Continue adding Dressings

Don't remove material if blood soaks through the material. Put more on top and continue applying pressure.

3

4

Raise Limb

If the wound is on the arm or leg, raise the limb above the heart, if possible, to help slow bleeding.



5



Apply Tourniquet if Available

Wrap. Wind. Secure. Time.

6

Call 9-1-1

When someone suffers uncontrolled bleeding, every second counts. Be sure to call emergency services ASAP.

