

Bleeding

If someone is bleeding, your priority is to **stop the blood coming out!** This is completely logical except when someone is in the kitchen – then people seem to automatically want to run their wound under the tap, losing precious blood in the process.

It is never a priority to **clean** a wound, the priority is **always** to stop the bleeding.

What to do:

1. Encourage the casualty to sit or lie down. If there is a lot of blood and they begin to feel sick or dizzy, lie them down and raise their legs.
2. Examine the wound to assess the bleeding. If there are any foreign objects embedded in the wound, do **not** remove them as they are likely to be stemming the bleeding, just apply pressure either side of the object.
3. Apply direct pressure to try and control the bleeding. Keep holding for 10 minutes as it takes this amount of time for clots to form.



4. Once the bleeding is controlled, dress the wound.
5. Keep the casualty warm and dry and get emergency help fast.

If the wound bleeds through the first dressing, apply another on top. If the wound bleeds through the second dressing, re-assess to ensure you are applying pressure to the source of the bleeding.

What if the bleeding doesn't stop?

Most bleeding can be controlled by pressure and this is likely to be the first and only solution you need. However, if the bleeding is extremely severe and you are unable to stop the blood loss, you should consider using a tourniquet or packing the wound to apply pressure directly to the source of the bleed.

Sit or lie them down

Examine wound

Pressure

Dress



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NOTE:

If available, wear gloves when dealing with bleeding.

Always dispose of soiled dressings in a yellow incinerator bag (or in a sanitary disposal bin in the women's toilets).

Written by Emma Hammett for First Aid for Life

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