First Aid

How to Treat a Deep Cut which is Bleeding

If somebody has a cut, your most important job is to stop blood coming out - **not to clean the cut!**

1. Calmly sit the person down. Put on gloves if possible.

2. Have a look at the wound to see if there is anything stuck in it. If there is, **do not take it out**, but be very careful not to push it in any further.

3. Find some **clean** material which is non-fluffy, such as a t-shirt or tea towel.

4. Use the material to apply firm pressure to the wound, and hold it there to stop the bleeding.

5. Wash your hands and tell an adult what happened.

Suitable for:
- KS1 ✓
- KS2 ✓
- KS3 ✓