How to Treat a Deep Cut which is Bleeding

If somebody has a cut, your most important job is ___________________ - not to clean the cut!

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

2. Have a look at the wound to see if there is anything stuck in it. If there is, do not ____ _____, but be careful not to push the object in any further. ____________.

3. Find some _____ material which is ____-______, such as a t-shirt or tea towel.

4. Use the material to ________ ________ to the wound and hold it there to stop the bleeding.

5. ________ ________ and tell an adult what happened.