BLEEDING

Bleeding occurs when the blood vessels have been damaged and cannot clot, which can become life-threatening in minutes. Quick action saves lives.
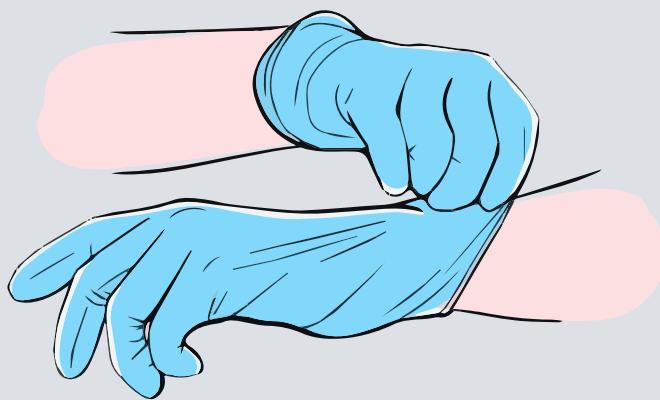
Vital First Aid
International

Important Actions!

Check Safety

Make sure the area is safe for both you and the injured person before treating.

Protect Yourself

Always use barriers such as gloves, or even plastic bags, or between you and blood.

Call For Help

If the casualty has lost a lot of blood, or if you are unable to control bleeding, call for an ambulance immediately.

How To Manage Bleeding

Identify

Find and examine the source of bleeding.

Look for any objects in the wound. If there is, do not remove it.

Pressure

With a wound pad, gauze or even clothing, apply firm, direct pressure to the wound.

If there is an object visible, apply pressure around the object.

Dressing

Once bleeding has stopped, apply a First Aid dressing over the gauze.

Make sure it is tight, but not stopping blood flow.

Clean-Up

ALWAYS dispose of contaminated items like gloves/dressings safely.

If your skin had contact with blood, wash thoroughly with soap.