



BLEEDING CONTROL GUIDE

Quick steps to help control severe bleeding and save a life.

1 ASSESS SAFETY

Check the area for danger to you, the injured person, and others.



- ✓ Do not put yourself in danger.

2 APPLY DIRECT PRESSURE

Use a clean cloth, dressing, or your hand (if nothing else is available).

Press firmly on the wound with steady pressure.



- ✓ Maintain firm pressure.
- ✓ Do not remove the dressing to check.

3 ADD MORE DRESSINGS

If blood soaks through the first dressing, add more dressings on top.

Continue to apply firm pressure.



- ✓ Do not remove the original dressing.

4 ELEVATE IF POSSIBLE

Raise the injured area above the level of the heart, if no fracture is suspected.



- ✓ This helps slow down the bleeding.

5 USE A PRESSURE BANDAGE

Secure the dressing with a bandage.

Wrap tightly and apply pressure while wrapping.



- ✓ The bandage should be tight enough to maintain pressure.

6 APPLY A TOURNIQUET (IF NEEDED)

If bleeding is severe and cannot be controlled with pressure:

- ✓ Apply a tourniquet 2-3 inches above the wound.
- ✓ Tighten until the bleeding stops.
- ✓ Note the time.



CALL EMERGENCY SERVICES IMMEDIATELY



Call your local emergency number.



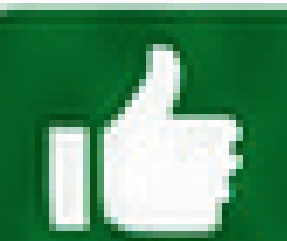
Provide clear information about the injury.



Follow instructions and stay on the line if possible.

SEEK IMMEDIATE HELP IF:

- Blood is spurting or won't stop
- The person is pale, weak, or dizzy
- The person becomes confused or loses consciousness
- You had to use a tourniquet



WHAT TO DO

- ✓ Stay calm and act quickly.
- ✓ Keep pressure on the wound.
- ✓ Use available supplies (cloth, gauze, bandage).
- ✓ Reassure the injured person.
- ✓ Monitor their condition.



WHAT NOT TO DO

- ✗ Do not remove the dressing to check the wound.
- ✗ Do not use cotton or tissues inside the wound.
- ✗ Do not apply ice directly on the wound.
- ✗ Do not delay calling for help.

REMEMBER



Fast action, firm pressure, and calling for help can save a life.

