

## SEVERE BLEEDING

### 1. Apply pressure to the wound:

- remove or cut casualty's clothing to expose wound
- apply direct pressure over wound—instruct casualty to do this if possible
- if casualty is unable to apply pressure, apply pressure using a pad or your hands (use gloves if available)
- squeeze the wound edges together if possible.

### 2. Raise and support injured part:

- lie casualty down
- raise injured part above level of heart
- handle gently if you suspect a fracture.

### 3. Bandage wound:

- apply a pad over the wound if not already in place
- secure with bandage—ensure pad remains over wound
- if bleeding is still not controlled, leave initial pad in place and apply a second pad—secure with bandage
- if bleeding continues, replace second pad and bandage.

### 4. Check circulation below wound.

### 5. If severe bleeding persists, give nothing by mouth.

 **Call 000 for an ambulance.**

### 6. Treat for shock.



## WARNING

**Do not** apply a tourniquet.

**If embedded object in wound**, apply pressure either side of wound and place pad around it before bandaging.

**Wear gloves**, if possible, to prevent infection.

**If casualty becomes unconscious**, follow DRABCD.

*The **Medium Leisure Kit** contains bandages suitable for controlling bleeding. Call St John on 1300 360 455 and ask for further information about the full range of first aid kits.*