

# What are YOU gonna do about...

## BLEEDING?

### CONTROLLING BLEEDING

#### Things to watch for...

**Source of bleeding**

**Pain and/or Swelling**

**Object sticking out or stuck in wound** (like a piece of metal or glass or a bullet)

**Shock** (pale, cold or clammy, drowsy, weak or rapid pulse, etc.)

#### What to do...

- Be aware of your surroundings and be prepared to call for help. (see *TIPS ON CALLING 9-1-1 FOR AMBULANCE*)

#### **If there IS object sticking out of wound (or possibly deep inside):**

- Put thick soft pads around the object (or around wound).
- Gently try to apply pressure to help stop the bleeding.
- DO NOT try to remove or press on the object!
- Carefully wrap with a roller bandage to hold thick pads around the object.
- Get medical attention immediately!

#### **If there is NO object sticking out of the wound:**

- Be careful since there might be something inside wound.
- Cover wound with a clean cloth or sterile gauze pad and press firmly against the wound... and follow above steps if victim has an object inside the wound.
- If cloth or gauze becomes soaked with blood, DO NOT remove it! Keep adding new dressings on top of old ones.
- Carefully elevate injured body part above the level of victim's heart but be aware...there may be broken bones.
- Keep applying pressure on dressings until bleeding stops.
- Use firm roller bandage to cover gauze or cloth dressings.

#### **If bleeding won't stop:**

- Put pressure on nearby artery to help slow blood flow  
Arm – press inside upper arm, between shoulder & elbow  
Leg – press area where leg joins front of the hip (groin)

Visit [www.bleedingcontrol.org](http://www.bleedingcontrol.org) to learn about Stop The Bleed campaign.

## INTERNAL BLEEDING

Minor internal bleeding is like a bruise - a vein, artery or capillary can break or rupture spewing blood under the skin. A more serious form of internal bleeding can be caused by a major fall, crushing accident or a blow to the head. It's very hard to tell if a person is suffering from internal bleeding since there may not be blood outside the body. Symptoms don't always appear right away but can be life-threatening so get medical help quickly.

### **Things to watch for...**

**Abdominal pain or tenderness**

**Pain and/or Swelling in abdomen** (around belly button)

**Shock** (pale, cold or clammy, drowsy, weak or rapid pulse, etc.)

**Either a fast or slow pulse**

**Coughing up bright, foamy blood** (if dark red means been bleeding inside for a while)

**Blood shows up in victim's pee, poop or puke**

### **What to do...**

- Be aware of surroundings and call for an ambulance.
- Don't move victim if injuries to head, neck or spine.
- Check **ABCs... Airway, Breathing & Circulation.**
- Stay with victim until help arrives

*(Please review HEAD, NECK & SPINE INJURIES and SHOCK too)*

## NOSEBLEEDS

### **What to do...**

- Have the person sit down, lean forward and pinch the soft part of the nose for about 10 minutes.
- Put an icepack or cold compress on the bridge of the nose.

## SLASHED OR SEVERED BODY PARTS/AMPUTATION

### **What to do...**

- Keep direct pressure on the stump to stop the bleeding.
- Find body part, if possible, and wrap in gauze or clean cloth.
- Put body part in an airtight plastic bag, put bag in ice water and take it to the hospital with the victim.