

# Bleeding

Your aim is to stop the bleeding. Check whether there is an object embedded in the wound.  
Do not remove the embedded object, instead stabilise it.

## EXPOSE THE WOUND

### IS THE BLOOD:

Pumping from the wound?  
Flowing from the wound?

YES

- ▶ If blood is **PUMPING**, apply direct pressure to the wound
- ▶ If blood is **FLOWING**, apply pressure to the wound with pad and bandage
- ▶ **ELEVATE** the injured part  
**LAY** casualty down
- ▶ **MAINTAIN PRESSURE**
- ▶ **CALL AMBULANCE 000**

NO

### IS THE BLOOD:

Just oozing from the area?

### IS THERE:

Dirt in the wound?

YES

- ▶ **FLUSH** with clean water or saline  
or
- ▶ **CLEAN** carefully around the wound with disposable wound cleaning swabs
- ▶ **ALLOW** to air dry before covering  
and
- ▶ **COVER** the wound with an appropriate sized sterile dressing or adhesive dressing strip.

- ▶ **PRESSURE** should be applied with a bandage over a sterile dressing. If these are not immediately available, any clean material should be used.
- ▶ **AVOID** using bare hands unless there are extreme circumstances. Use gloves if available to prevent cross infection. If possible, the casualty should apply pressure to own wound.
- ▶ **DO NOT** over-tighten the bandages as this may cause pain and possible loss of circulation in the affected limb.
- ▶ **OBSERVE AND TREAT FOR SHOCK AS NEEDED. KEEP THE PERSON CALM AND RESTED.**

**First aid saves lives.**

Individual and group bookings available.

**1300 367 428 | [redcross.edu.au](http://redcross.edu.au)**

These guidelines do not replace first aid training.  
Red Cross recommends that everyone is trained in first aid.  
This information is accurate as of July 2015.

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**TRAINING  
SERVICES**