

How to Treat Severe Bleeding

First Aid

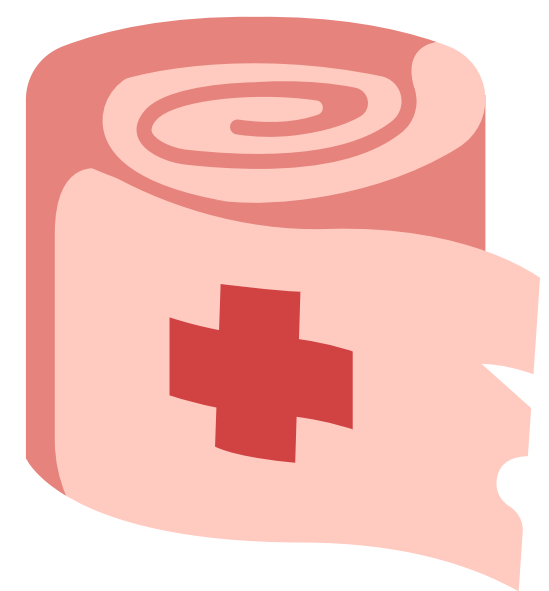
Severe bleeding can be caused by a variety of injuries, including gashes, cuts, and tears. Uncontrolled bleeding can lead to death within 5 minutes, so it is important to quickly stop blood loss.

Treatment:

- **Call for emergency help** if the wound is deep or if you're unsure of how serious it is. Do NOT move the injured person unless necessary to avoid further injury.
- **Put on disposable gloves** and other personal protective equipment before checking the wound.
- **Remove any clothing or debris** from the wound and look for a source of bleeding. Remove any obvious debris, but do not try cleaning the wound.
- **Stop the bleeding** by covering the wound with sterile gauze or a clean cloth. Press on it firmly with the palm of your hand until bleeding stops. Wrap the wound with a thick bandage or clean cloth and tape. Lift the wound above heart level if possible.
- **Help the injured person lie down.** If possible, place them on a rug or blanket to prevent loss of body heat. Elevate the feet if you notice signs of shock (such as weakness, clammy skin, or a rapid pulse). Calmly reassure the injured person.
- **Add more bandages if needed.** If blood seeps through the bandage, add more gauze or cloth on top of the existing bandage and continue pressing firmly on the area.
- **Apply a commercially-made tourniquet** if it's available and you're trained to use it. When emergency help arrives, tell them how long the tourniquet has been in place.
- **Keep the person still** if you're waiting for emergency help to arrive. If you didn't call for emergency help, get the injured person to the emergency room as soon as possible.
- **Wash your hands** after helping the injured person.

Do NOT:

- Remove large or deeply-embedded objects
- Probe the wound
- Press on an eye injury or embedded object
- Press on a head wound, if you suspect a skull fracture
- Use an improvised tourniquet, such as a scarf or belt



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Sources: <https://www.mayoclinic.org/first-aid/first-aid-fractures/basics/art-20056641>

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