

FIRST AID QUICK SHEET

Circulation (Bleeding)



*After ensuring that a scene is safe, putting on gloves, checking the patient has an open airway and is breathing, you may now control bleeding. This is the **C** step of the **DR. ABC** acronym for first aid priorities.*

How to Stop Someone's Bleeding:

1. Apply a gauze or cloth quickly with firm direct pressure.
2. Wrap the wound with a bandage, cloth, or item of clothing.
3. Maintain firm, direct pressure and raise the injured area into the air to slow bleeding.
4. If bleeding is still not under control, add another pad/bandage to the affected area, but **NEVER** remove existing pads.
5. If the bleeding is still not under control, consider applying a tourniquet.

Danger



Response



Airway

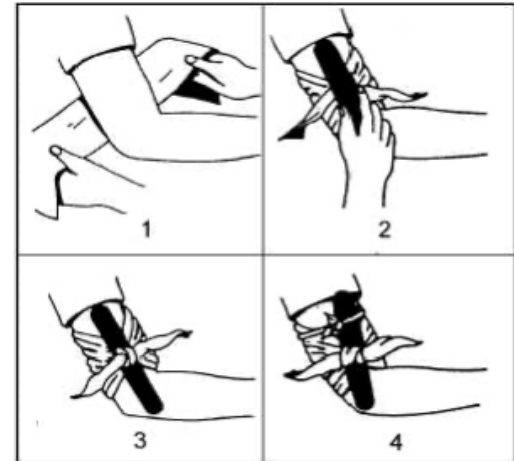
Breathing

Circulation



How to Make a Tourniquet:

1. Wrap a fabric tie or belt closer to the body than the wound.
2. Cross the ends over each other in a single knot and place a stick or pen on top of the knot.
3. Tie the ends in a second single knot on top of the stick or pen and twist the stick tight until the bleeding stops.
4. Tie the stick in place with another cloth, string, or tape.
5. Write the Time of application on the victim's forehead (this will help when they get to the hospital).



If someone is impaled with an object, DO NOT remove it. This will cause them to bleed out faster.

After you have controlled a casualties bleeding and ensured proper circulation, you have completed DR. ABC, and may now stabilize and transport.

*Please be safe and practice first aid at your own risk. LFR International is not liable for injuries resulting from any first aid attempts.