



First Aid for Severe Bleeding

A 5-Minute Safety Training Aid

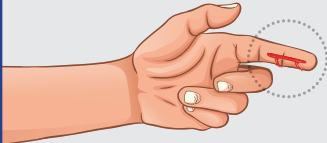
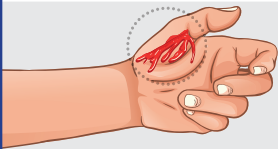

HS95-072E (04-23)

Worksite emergencies can happen quickly. In the event of an injury that results in severe bleeding, all employees should know how to respond immediately. It can mean the difference between life and death. Scrapes, cuts, amputations, and puncture wounds can all result in uncontrolled bleeding, which can quickly develop into a life-threatening situation.

Always call 911 if:

- **bleeding is severe;**
- **you suspect internal bleeding;**
- **the wound is in the abdomen or chest;**
- **bleeding cannot be stopped after 10 minutes of firm, steady pressure; or**
- **blood spurts out of the wound.**

Types Of External Bleeding

	Capillary Slow And Oozing Easily Controlled Stops Spontaneously
	Venous Steady Flow Easier To Control Low Pressure System
	Arterial Rapid And Profuse Spurting With Heart Beat Most Difficult To Control

While you wait for medical help to arrive, **your priority is to stop the bleeding.** Follow these steps to increase the person's chance of survival.



Look for the source of the bleeding.

- Remove any clothing or debris from the wound to see if there is more than one injury.
- Do not try to clean the wound or remove any large or deeply embedded objects.
- Do not probe the wound.



Stop the bleeding.

- Cover the wound with sterile gauze or a clean cloth.
- Avoid using your bare hands. Put a barrier – such as disposable gloves or a layer of plastic wrap -- between you and the victim's blood to reduce the risk of infection or disease transmission.
- Press on the wound firmly with the palm of your hand until the bleeding stops; BUT do not press on an eye injury, embedded object, or a head wound if you suspect a skull fracture.

- Wrap the wound with a thick bandage or clean cloth and tape.
- Keep direct pressure on the wound at all times or it may begin to bleed again.
- If the victim can help, have him or her apply the pressure.



Lift the wound above the heart if possible.

- If you do not suspect that the wound involves a broken bone, lift the injured area above the heart level. Elevating the wound will slow the blood flow.
- If possible, help the person lie down on a rug or blanket to prevent loss of body heat.
- Calmly reassure the injured person.



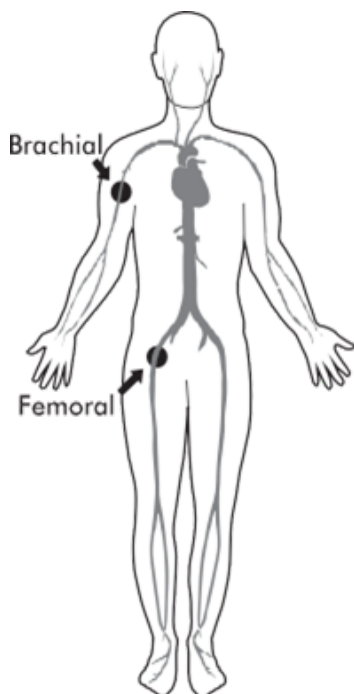
Add more bandages as needed.

- If the blood seeps through the bandage, add more gauze or cloth on top of the existing bandage.
- Do not remove blood-soaked bandages.
- Use a roll of gauze bandage to wrap snugly around the dressing to keep pressure on the wound.
- Wrap the bandage around the injured body part, using overlapping turns that cover the entire dressing. The bandage should be tight, but not so tight that it restricts all circulation beyond the bandage.



If the bleeding cannot be controlled:

- **Apply a pressure point.**
Only if bleeding cannot be controlled, apply pressure to a nearby artery. Called a pressure point, this is a spot on the body where you can squeeze the artery against the bone to slow the flow of blood to the wound. There are two major pressure points in the body:
 - » **Femoral artery (groin)**
If the bleeding is from the leg, press with the heel of one hand on the femoral artery in the groin where the leg bends at the hip.
 - » **Brachial artery (inside upper arm)**
If the bleeding is from the arm, squeeze the brachial artery located on the inside of the upper arm.
- **Tourniquets**
Never apply a tourniquet unless you have been medically trained to do so. If you are trained and if bleeding cannot be controlled any other way, apply a commercially-made tourniquet to a bleeding limb. When emergency help arrives, tell them how long the tourniquet has been in place.





Treat for shock.



Any severe bleeding can lead to a life-threatening condition called shock. Shock is a condition in which the circulatory system fails to deliver blood to all parts of the body. If you notice signs of shock such as weakness, clammy skin, rapid pulse, or drifting in and out of consciousness:

- Keep the injured person comfortable and lying down.
- Elevate the legs about twelve inches if you do not suspect a head, neck, or back injury.
- Cover the injured person with a blanket to help them maintain a normal body temperature, but do not overheat.
- Do not give them anything to eat or drink, even though they are likely to be thirsty.
- A victim of shock requires advanced medical care as soon as possible.



Keep the person still.

- If you are waiting for emergency help to arrive, try to keep the injured person from moving.
- If you cannot get emergency help, get the injured person to an emergency room as soon as possible.



Wash your hands.

- Always wash your hands immediately after helping an injured person even if it does not look like any blood got on your hands.
- Disinfect any blood-contaminated surfaces.
- Dispose of blood-soaked bandages properly.



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1-800-252-7031, Option 2

*The Texas Department of Insurance,
Division of Workers' Compensation (DWC)-Workplace Safety*

P.O. Box 12050
Austin, TX 78711-2050

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