

FIRST AID GUIDE

EXTERNAL BLEEDING

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First Aid

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1 Use Protection

1. Your safety should always come first. Check for any hazards before approaching the victim.
2. Use gloves as a protective barrier. If you do not have gloves, then avoid direct contact with the victim's blood.
3. You can improvise a barrier to prevent direct contact.



4 Immobilise the Wound

1. If possible, immobilise the injured area to reduce bleeding.
2. Continually monitor the injured area.

2 Identify and Examine

1. Have the victim sit down. Reassure the victim and get their consent.
2. Carefully expose wound and check for foreign objects (do not remove).
3. Remove any clothing that prevents examination of the wounded area.
4. Assess the wound. If the injury is severe, call an ambulance.

5 Dress the Wound

1. Pick the appropriate dressing for the wound.
2. Apply the dressing directly to the wound. Bandage firmly.
3. Make sure the dressing is not too tight to avoid cutting off circulation.
4. If there is a foreign object embedded in the wound, apply a pressure bandage around it.
5. If blood seeps through, apply another/second pad and bandage on top of the injury. Do not remove original padding and bandage. Call for an ambulance.



3 Use Direct Pressure

1. When profuse bleeding occurs, you need to act fast.
2. Using your gloved hand, apply direct pressure to the injured area.
3. If there is a foreign object embedded in the wound, apply pressure around it and call for an ambulance.
4. If the victim is able, allow them to apply the direct pressure on his own.
5. Remember, the victim might go into shock if lots of blood is lost.



6 Clean Up

No matter how many precautions you take, there is still a chance that you can come in contact with body fluids of the victim.

1. Intact skin should serve as a barrier. However, if you have breaks in your skin, ensure they are covered.
2. If you have come in contact with the victim's blood, wash with warm, soapy water.
3. If blood comes in contact with open skin and eyes, wash with warm, soapy water and seek medical assistance immediately.
4. Contaminated gloves or bandages/dressings are a biological hazard. Always dispose of them accordingly.



DISCLAIMER: The information in this poster is not a substitute for proper first aid training.

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