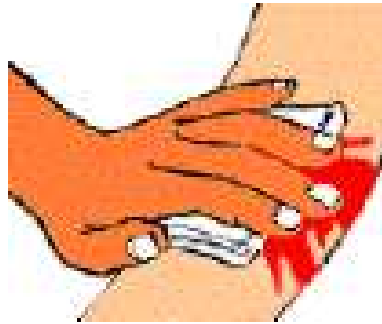


STOP SEVERE BLEEDING



Like CPR, this is one of those things adults should know how to do. You don't have time to learn if the emergency arises.

Blood at any wound tends to clot, thereby forming a "stopper" to close up the bleeding vessels. For this to happen bleeding must be stopped or sufficiently slowed so that the clot is not being constantly swept away as fast as it tries to form. Simple, slight bleeding will respond by clotting if the area is treated like a wound with a firmly bandaged pad over a dressing.

However, when bleeding is severe, the situation is urgent, and attempts at sterility or cleanliness may have to be sacrificed for speed because a victim can bleed to death in moments.

1. At once, use your hand either to press hard over the bleeding area or to pinch the wound edges together with fingers and thumb.
2. Lay the patient down. Whenever possible, elevate the bleeding area as this helps a little to reduce the blood flow in it. (Be careful not to move a part which may be fractured.)
3. As soon as possible replace the hand pressure with pressure from a firm pad held down by a tight bandage. If, as is likely, orthodox dressings and bandages are not immediately available use what is at hand: socks, handkerchiefs, ties, stocking, etc. Never leave the wound without any pressure at all. If you are alone with the patient, it may be necessary to keep one hand on him while you use the other to reach for dressing material.
4. Watch the bandage carefully. If it shows blood still oozing through, do not remove it but apply more pressure over it with further padding and a bandage. In exceptionally difficult cases this may have to be done several times so that the dressing becomes very bulky. Control generally will be achieved.
5. Apply necessary anti-shock measures. Get medical aid or call an ambulance immediately.

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