

How to deal with bleeding

S

Sit or lay the casualty down

E

Examine the wound to locate the main source of bleeding, check for embedded objects

E

Elevate the wound above the level of the heart to decrease blood pressure and slow the bleeding

P

Pressure must be applied directly or indirectly to stop the bleeding

Direct and indirect pressure

The main concern is to stop bleeding; this is done immediately by applying firm hand pressure, then applying a bandage to maintain the pressure over the wound

If this does not work, it may be necessary to apply indirect pressure. This is done by squeezing the arteries against the bone at specific points in the body.

The brachial artery runs on the inside of the upper arm as marked to the left.

The femoral artery is located in the thigh as marked. Take care to explain to your casualty what you are doing before applying indirect pressure in the groin area.

