



Worksite: _____ Instructor: _____ Date/Time: _____

Topic C100: First Aid for Bleeding

Introduction: In the event of a severe injury, rapid control of blood loss is one of the most important goals of the first aid provider. If heavy bleeding is not controlled as soon as possible, the chance of death increases dramatically. Following are first aid guidelines for bleeding:

Assess the Situation:

- Determine the cause of the injury and eliminate any hazards that may affect you or the victim.
- Put on any personal protective equipment which may be necessary for the situation, such as latex gloves for protection from blood borne pathogens.
- If the victim is not in any danger, do not move them.
- Treat life threatening situations first: severe bleeding, cardiac arrest, or if the victim has stopped breathing.

Call for Help:

If you are alone, treat any life-threatening injuries first, then go for help.

If you are not alone, send someone for help immediately.

The Three Types of External Bleeding:

- Capillary bleeding is caused by an abrasion that has scraped open the tiny capillaries just below the surface of the skin. Usually capillary bleeding will stop on its own and the only treatment required is to clean and dress the wound.
- Venous bleeding is caused by a laceration deeper into the tissue and is controlled with direct pressure. Venous bleeding is usually not life threatening unless the blood loss is severe and not controlled.
- Arterial bleeding is caused by the laceration of an artery. These wounds are characterized by heavy or spurting blood, and require immediate control of blood loss. This type of bleeding is the most difficult to control, and is often life threatening.

First Aid for Bleeding: Blood loss is controlled by direct pressure, elevation, or pressure points:

- **Direct pressure:** This is accomplished by placing a dressing such as a sterile gauze pad directly over the wound and applying pressure for up to 20 minutes, or until the bleeding stops. If there is a foreign object in the wound, do not remove it as this may increase bleeding and tissue damage; apply pressure to the wound alongside the object.
- **Elevation:** If direct pressure alone does not control blood loss, elevate the site of the wound above the level of the heart. Care must be taken when elevating an extremity with a suspected fracture or dislocation. Continue applying direct pressure.
- **Pressure points:** Blood loss can also be controlled by applying pressure to the artery nearest to, or supplying the wound. This will obstruct blood from flowing to the wound. Pressure points are located on the inside of the elbow, the inside of the upper arm, behind the knee, and in the groin. Pressure points should be used only by trained personnel, or in an emergency to control life threatening blood loss. Never exceed your level of first aid training.
- **Once blood flow** from the wound stops, or if the dressing being used becomes saturated with blood, do not remove the initial dressing as this may cause bleeding to resume or increase; simply apply a clean dressing over the old one and seek medical treatment.

Treat for shock: Heavy or even moderate blood loss may be accompanied by shock. If the victim is conscious lay them down with legs elevated. If the victim is cold, cover them with a blanket or spare clothing. Reassure the victim to keep them calm. Seek medical attention as soon as possible.

Conclusion: Medical treatment should be sought as soon as possible for all but the most minor causes of bleeding. Do not exceed your level of first aid training.

Employee Attendance: (Names or signatures of personnel who are attending this meeting)

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These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.