



FACT SHEET



Severe Bleeding

1. Apply direct pressure to the wound

- Remove or cut patient's clothing to expose wound
- Apply direct pressure over wound — instruct patient to do this if possible
- If patient is unable to apply pressure, apply pressure using a pad or your hands (use gloves if available)
- Squeeze the wound edges together if possible

2. Raise and support injured part

- Lie patient down
- Raise injured part above level of heart
- Handle gently if you suspect a fracture

3. Bandage wound

- Apply a pad over the wound if not already in place
- Secure with bandage — ensure pad remains over wound
- If bleeding is still not controlled, leave initial pad in place and apply a second pad and secure with bandage
- If bleeding continues, replace second pad and bandage

4. Check circulation below wound

5. If severe bleeding persists—nil by mouth

6. Call Triple Zero (000) for an ambulance

7. Treat for shock

WARNING

- Wear gloves, if possible, to prevent infection.
- If patient becomes unconscious, follow DRSABCD.
- If embedded object in wound **DO NOT** pull object out, apply pressure either side of wound and place pad around the object before bandaging.
- **DO NOT** apply a tourniquet. (Only in extreme cases of blood loss due to extreme limb trauma, a tourniquet may be considered.)



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The above information is the recommended action to take during an emergency situation. Excite Safety Training recommends that First Aid training be obtained and that these tools and information are not a replacement for obtaining First Aid training. Excite Safety Training will in no way be held responsible for the incorrect application or misuse of this information.