



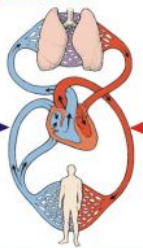
ALPHA
First Aid Supplies
First Aid Training

Control of External Bleeding

TYPES OF EXTERNAL BLEEDING

VEINS
Carry blood back to the heart.


- ♥ Less Pressure
- ♥ Little oxygen or nutrients
- ♥ Dark red in colour
- ♥ Oozes or pulses




ARTERIES
Carry blood away from the heart and lungs.

- ♥ High Pressure
- ♥ Full of oxygen and nutrients
- ♥ Bright red in colour
- ♥ Spurts


CONTROL OF EXTERNAL BLEEDING



DIRECT PRESSURE




ELEVATE THE WOUND



REST THE CASUALTY

Ensure Circulation is present past the bandage. If no circulation, loosen the bandage.

Manage for **SHOCK** that may be present.



- ♥ Rest and Reassure
- ♥ Elevate the legs
- ♥ Maintain body temperature
- ♥ Nothing by mouth
- ♥ Monitor the A.B.C.

If Bleeding continues through the pad, remove and relocate the pad until satisfactory control of bleeding has been achieved.

CONTACT EMERGENCY SERVICES 000 (OR 112 MOBILE)

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First Aid Training

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