



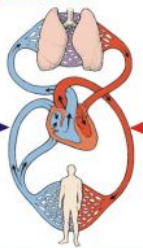
ALPHA
First Aid Supplies
First Aid Training

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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Bleeding Poster A3
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