**FIRST AID GUIDE External Bleeding**

1. **Use Protection**
   - Your safety should always come first.
   - Check for any hazards before approaching the victim.
   - Use gloves as a protective barrier. If you do not have gloves, then avoid direct contact with the victim's blood.
   - You can improvise a barrier to prevent direct contact.

2. **Identify and Examine**
   - 1. Have the victim sit down. Reassure the victim and get their consent.
   - 2. Carefully expose wound and check for foreign objects (do not remove).
   - 3. Remove any clothing that prevents examination of the wounded area.
   - 4. Assess the wound. If the injury is severe, call an ambulance.

3. **Use Direct Pressure**
   - 1. When profuse bleeding occurs, you need to act fast.
   - 2. Using your gloved hand, apply direct pressure to the injured area.
   - 3. If there is a foreign object embedded in the wound, apply pressure around it.
   - 4. If the victim is able, allow them to apply the direct pressure on their own.
   - 5. Remember, the victim might go into shock if lots of blood is lost.

4. **Immobilise the Wound**
   - 1. If possible, immobilise the injured area to reduce bleeding.
   - 2. If possible elevate the injured area.
   - 3. Continually monitor the injured area.

5. **Dress the Wound**
   - 1. Pick the appropriate dressing for the wound.
   - 2. Apply the dressing directly to the wound. Bandage firmly.
   - 3. Make sure the dressing is not too tight to avoid cutting off circulation.
   - 4. If there is a foreign object embedded in the wound, apply a pressure bandage around it.
   - 5. If blood seeps through, apply another/second pad and bandage on top of the injury. Do not remove original padding and bandage. Call for an ambulance.

**Clean Up**
- No matter how many precautions you take, there is still a chance that you can come in contact with body fluids of the victim.
  - 1. Intact skin should serve as a barrier. However, if you have breaks in your skin, ensure they are covered.
  - 2. If you have come in contact with the victim's blood, wash with warm, soapy water.
  - 3. If blood comes in contact with open skin and eyes, wash with warm, soapy water and seek medical assistance immediately.
  - 4. Contaminated gloves or bandages/dressings are a biological hazard. Always dispose of them accordingly.

**DISCLAIMER:** The information in this poster is not a substitute for proper first aid training.

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