

# External Bleeding

## What is it?

Bleeding due to breaking of the skin from cuts, scrapes, etc.

### With all bleeding injuries, first identify:

- The amount of bleeding
- The location of bleeding

If the flow of blood is continuous, steady, and heavy, consider the wound to be life-threatening.

## Plan of Action:

### For non-life-threatening bleeding:

- Apply dressings over the bleeding area, and put direct pressure on the dressings using the heel of your hand
- Direct pressure should be firm, steady, and constant
- Do not remove pressure from the wound to add more dressings
- Do not remove a dressing once it's placed because it could cause the wound to bleed more
- Do not remove pressure until help arrives or the bleeding stops
- If the bleeding is not stopping, press harder
- Once the bleeding stops or you cannot keep pressure on the wound, wrap a bandage firmly over the dressings to hold them in place

- A person who is bleeding should be seen by a healthcare provider ASAP because they may need stitches or a tetanus shot

### **When to Seek Emergency Care:**

- There is a lot of bleeding
- You cannot stop the bleeding
- You see signs of shock
- You suspect a head, neck, or spine injury
- You are not sure what to do

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Revision #1

Created 7 April 2023 17:32:07

Updated 7 April 2023 17:49:06