

WOUNDS & BLEEDING FIRST AID

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First aid for severe external bleeding

- Begin ESM - scene survey. Assess mechanism of injury. If you suspect a head or spinal injury, steady and support the head and neck before continuing.
- Do a primary survey and give first aid for life threatening injuries.
- Apply direct pressure to control severe bleeding as quickly as possible. If the wound is large and wide open, you may have to bring the edges of the wound together first.
- While keeping pressure on the wound, elevate the injury - this will reduce blood flow at the wound
- Place the casualty at rest, this will further reduce blood flow
- Quickly replace the casualty's hand with dressings (preferably sterile) and continue direct pressure over the dressings.
- Once bleeding is under control, continue the primary survey, looking for other life-threatening injuries. Give life-saving first aid as needed.
- Before bandaging the wound, check circulation below the injury.
- Bandage the dressing in place.
- Check the circulation below the injury and compare it with the other side. If it is worse than it was before the injury was bandaged, loosen the bandage just enough to improve circulation
- Give ongoing casualty care, including first aid to minimize shock.

First aid for severe, internal bleeding

- Begin ESM
- If casualty is awake or there are signs of consciousness, place them on their back or in a position of comfort. If unconscious, place casualty in recovery position if injuries permit.
- Get medical help
- Continue giving care but do not give the casualty anything by mouth. You can moisten their lips with a wet cloth but do not let them try to swallow or drink anything. Casualty should always be kept as comfortable as possible and warm.

Amputation - when some part of the body has been cut off such as a finger, toe, foot etc. The bleeding needs to be controlled where the part of the body has been cut off.

First aid for amputations

- Begin ESM
- Control the bleeding by applying pressure
- Casualty should be at rest and the injury should be elevated and then bandage dressings in place.
- For partly amputated fingers reposition the partial amputated part to its original position
- Bandage in position
- Get medical help

Care for amputation

Wrap the amputated body part in a moist dressing if possible. Make sure the dressing is clean. Place body part that is in the dressing in a clean plastic bag and seal it very tightly. A second plastic bag should be used to create an air space around the first and then should be placed in a third bag or container that is filled with ice. The date, time and casualty's name should be recorded on the bag. The amputation should go with the casualty to medical help.

Note: The amputated part should not be cleaned and no solutions should be used on it.