

CONTROLLING THE BLEED/Information taken from the CERT Manual

In an emergency such as an earthquake there will probably be injuries where you need to know how to control bleeding in the injured. However, there can be a home or work accident where a loved one or a co-worker may need help to control the bleeding till a first responder arrives. Do you know how to control bleeding?

Consider this, uncontrolled bleeding will initially cause weakness. If bleeding is not controlled the injured will go into shock within a short period of time and finally will die. An adult has about 5 liters of blood. Losing one liter can result in death.

There are 3 types of bleeding which you can identify by how fast the blood flows:

Arterial bleeding: Arteries transport blood under high pressure. Blood coming from an artery will **spurt**.

Venus bleeding: Veins transport blood under low pressure. Blood coming from a vein will **flow**.

Capillary bleeding: Capillaries transport blood under low pressure. Blood coming from capillaries will **ooze**.

There are 3 main methods for controlling bleeding but I will only cover the first two:

- Direct pressure
- Elevation
- Pressure points (This one is rarely used and takes experience to know what to do)

NOTE: Direct pressure and elevation will control bleeding in 95% of cases.

DIRECT PRESSURE

First - Place direct pressure over the wound by putting a clean dressing over it and pressing firmly.

Second - Maintain pressure on the dressing over the wound by wrapping firmly with a bandage. Dressing should be tied with a bow so that you can check the wound without cutting the bandage and possibly causing further injury. It can take 5-7 minutes to stop the bleeding completely.

ELEVATION

Elevate the wound above the level of the heart. The body has great difficulty pumping blood against gravity, therefore, elevating the wound above the heart will decrease blood flow and loss of blood through the wound. **NOTE:** Elevation can be used in combination with direct pressure.

I hope you find this helpful. Till May be prepared and be safe!

