

Safety Tip

Date: April 12, 2018

Know the ABC of bleeding



Uncontrolled bleeding is the number one cause of preventable death from trauma. Greater the number of people who know how to control bleeding in an injured patient, greater will be the chances of surviving that injury.

You can help save a life by knowing how to stop bleeding if someone including yourself is injured .

A - Alert

Call Police (100) or Ambulance (102)

B - Bleeding, identify the spot

Find the bleeding injury:

1. Remove any clothing or debris on the wound. Don't remove large or deeply embedded objects. Your first job is to stop the bleeding.
2. Stop the bleeding. Place a sterile bandage or clean cloth on the wound. Press the bandage firmly with your palm to control bleeding.
3. Secure the bandage with adhesive tape or continue to maintain pressure with your hands.

C - Compress

1. Covering the wound with a clean cloth and applying pressure by pushing directly on it with both hands or using a tourniquet OR
2. Packing (stuffing) the wound with gauze or a clean cloth and then applying pressure with both hands.

ENSURE YOUR OWN SAFETY

- Before you offer any help, you must ensure your own safety.
- If you become injured, you will not be able to help the victim.
- Provide care to the injured person if the scene is safe for you to do so.
- If, at any time, your safety is threatened, attempt to remove yourself (and the victim if possible) from danger and find a safe location.
- Protect yourself from blood-borne infections by wearing gloves if available.

