

Bleeding is the loss of blood from the blood vessels. Severe or continued bleeding can lead to death. You as a first aider must control the bleeding. Blood consists of red and white cells, platelets that assist with clotting, and plasma, which is the fluid component of blood. The blood is circulated around the body by our heart, which is under constant pressure.

- **An adults body** contains 6 litres of blood – an adult can lose ½ litre of blood without harm.
- **A child's body** contains 2 ½ litres of blood..
- **An infant's body** contains 750mls of blood. A loss of 300mls can cause death.

**Remember: BLEEDING CAN CAUSE SHOCK AND DEATH. ACT IMMEDIATELY.**

## Internal Bleeding:

### Visible Signs of Internal Bleeding

Bleeding from the:

Lungs	→	Cough up bright red blood.
Stomach	→	Vomit
Bowel	→	up dark coffee coloured blood.
Kidney	→	Dark loose smelly stools.
Vaginal	→	Pink Urine

### Signs and Symptoms may include:

- Pale, cold, clammy skin (shock).
- Pale tongue and inside of the mouth.
- Rapid gasping breathing.
- Rapid weak pulse.
- Nausea and / or vomiting – vomit may be the colour of coffee grounds.
- Weakness, faintness or dizziness.
- Pain, tenderness, rigidity.
- Casualty may pass blood in their urine or faeces.
- Casualty may cough up bright frothy red blood.
- Decrease in consciousness.



### Treatment

Follow the Basic First Aid Plan to assess the casualty.

- ✓ Lay casualty flat to minimise shock.
- ✓ Apply pressure to control bleeding.
- ✓ Reassure and place in a comfortable position.

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- ✓ If casualty is unconscious, place in the lateral position.
- ✓ If coughing up blood, place casualty in a semi sitting position (if the casualty is dizzy or semi conscious place them in the lateral position).
- ✓ Remove constrictive clothing.
- ✓ Monitor and record vital signs.
- ✓ Give nil by mouth.
- ✓ Seek medical assistance immediately.

## Bleeding Externally:

### Always wear gloves

#### Treatment

Follow the Basic First Aid Plan to assess the casualty.

- ✓ Reassure the casualty.
- ✓ Apply direct pressure to the wound using a gloved hand or try and use the casualty's own hand.
- ✓ Lie casualty flat.
- ✓ Apply a dressing to the wound and bandage firmly in place.
- ✓ Loosen tight clothing from around the neck, chest and waist.
- ✓ Elevate and support bleeding part except if fractured.
- ✓ Monitor and record vital signs.
- ✓ Check for shock.
- ✓ If bleeding persists, apply a second dressing.  
**DO NOT REMOVE THE FIRST DRESSING.**
- ✓ Protect the casualty from the weather conditions.
- ✓ Seek medical aid.

## NEVER LEAVE THE CASUALTY ALONE

### Abrasions:

Abrasions occur as a result of a fall onto a hard surface, creating a grazing injury to the skin. Dirt may become embedded in the wound.

#### Treatment

- ✓ Clean the wound with antiseptic solution or clean sterile water using gauze swabs.
- ✓ Apply a non stick dressing.

✗ **DO NOT USE COTTON WOOL** as it sticks to the wound



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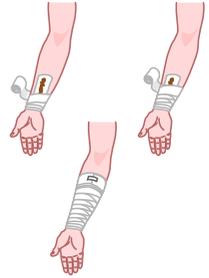
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## Lacerations:

A laceration is a large cut or a tear to the skin, which will need to be seen by a doctor, especially if a Tetanus booster or stitching is required.

### Treatment

- ✓ Control bleeding
- ✓ Clean the wound with antiseptic solution or sterile water.
- ✓ Use steri-strips or tape to hold the skin together.
- ✓ Pad and bandage.
- ✓ Seek medical attention.



## Embedded objects:

Fish hooks, sticks, steel, shards of glass or timber.

### Treatment:

- ✓ Pad around the object.
- ✓ Ensure that the bleeding has stopped.

## DO NOT

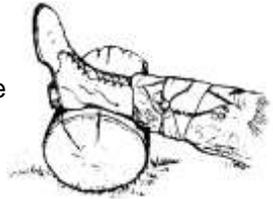
- ✗ PUT PRESSURE OVER THE OBJECT
- ✗ SHORTEN THE OBJECT UNLESS IT IS UNMANAGEABLE
- ✗ REMOVE ANY EMBEDDED OBJECTS

## Crater Wounds:

These occur when large pieces of tissue are torn away from the body. Severe bleeding and shock can occur.

### Treatment:

- ✓ Pack wound with sterile material.
- ✓ Apply direct pressure and a compression bandage
- ✓ Reassure and place in a comfortable position.
- ✓ If bleeding persists, apply a second dressing.
- ✗ DO NOT remove the first layer and compression bandage



## Bleeding Nose:

### Treatment:

- ✓ Sit the casualty with their head slightly forward.
- ✓ Apply direct pressure to the soft part of the nose for at least 10 minutes (longer pressure may be need in hot weather or after exercise).
- ✓ If bleeding continues place an ice pack over the forehead and the back of the neck.
- ✓ Seek medical advice if bleeding cannot be controlled.

***DO NOT LET THE CASUALTY BLOW THEIR NOSE FOR 3 HOURS***

## Bleeding Scalp:

### Treatment:

- ✓ If possible, sit the casualty in an upright position as this may help to reduce the bleeding.
- ✓ Direct pressure may need to be maintained, as it is hard to bandage the head firmly enough.
- ✓ Apply an ice pack on the wound.
- ✗ DO NOT panic as wounds can bleed profusely.



## Bleeding from Varicose Veins:

### Treatment:

- ✓ Reassure and place in a comfortable position.
- ✓ Remove constrictive clothing from legs.
- ✓ Apply a pad and bandage.
- ✓ Seek medical advice.



## Amputation:

### Treatment:

- ✓ Apply a dressing and bandage to the stump.
- ✓ Place the amputated part in a plastic bag and seal it.
- ✓ Place the sealed plastic bag into another plastic bag and seal completely.
- ✓ Place the plastic bag into a container of cooled ice water.
- ✓ If no plastic bags, wrap part in a damp piece of cotton material and keep in a cool place.
- ✓ Remain calm at all times.

**NOTE:** An arterial tourniquet must only be used if the casualty is suffering from life-threatening bleeding and direct pressure is not stemming the flow of blood. Some cases may include: Shark attack, or major damage caused by a propeller from a plane or a boat motor.

## Lost Teeth:

Caused by falls and hard blows.

### Treatment:

- ✓ Clean tooth with milk, water or saliva.
- ✓ Replace tooth if possible.
- ✓ Splint to adjacent teeth with foil.
- ✓ Contact Dentist



**Store tooth in cows milk if tooth cannot be replaced**

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