



St John

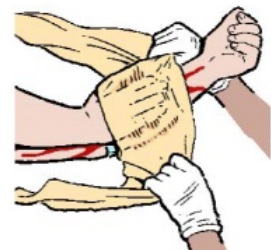
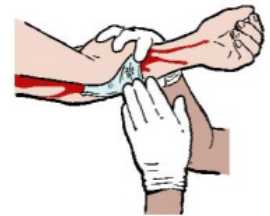
**Saving Lives –
at Work, Home
and Play**

Severe Bleeding



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1. Apply direct pressure to the wound as quickly as possible. If the wound is large and wide open, you may have to bring the edges of the wound together first.
2. Place the casualty at rest to reduce blood flow and the risk of further injury should casualty become dizzy or faint.
3. Quickly replace the casualty's hand with dressings (preferably sterile).
4. If the dressings become blood-soaked DO NOT remove them. Add more dressings and continue applying pressure.
5. Before bandaging the wound, check circulation below the injury.
6. Once bleeding is under control, bandage dressing in place.
7. 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.
8. Get casualty to a medical facility.



EMERGENCY NUMBERS

Ambulance.....

Emergency Room.....

Family Doctor.....

Poison Info Centre.....

Police.....

Fire.....