1. **Use Protection**
   1. Your safety should come first. **Wear gloves** or any other protection before you respond.
   2. If you do not have gloves, then avoid direct contact with the victim’s blood.
   3. You can improvise a barrier to prevent direct contact.

2. **Identify and Examine**
   1. Have the victim sit down. Reassure the victim.
   2. Carefully expose wound and check for foreign objects (do not remove).
   3. Assess the wound.
   4. Remove any clothing that prevents examination of the wounded area.
   5. If there are any foreign objects in the wound, do not remove them right away.

3. **Use Direct Pressure**
   1. When profuse bleeding occurs, you need to act fast.
   2. Using your gloved hand, apply direct pressure to the injured area.
   3. If there is a foreign object in the wound, apply pressure around it.
   4. If the victim is able, allow them to apply the direct pressure on their own.
   5. Remember, the victim might go into shock if lots of blood lost.

4. **Elevate the Wound**
   1. If possible, raise the injured area above the rest of the body - this should be above the heart.
   2. If one of the legs is injured, both legs should be elevated.
   3. Continually monitor the elevated area.

5. **Dress the Wound**
   1. Pick the appropriate dressing for the wound.
   2. Make sure the dressing is not too tight to avoid cutting off circulation.
   3. Apply the dressing directly to the wound. Bandage firmly.
   4. If blood seeps through the bandage, apply a second one on top.
   5. If there is a foreign object in the wound, apply the dressing around it.

6. **Clean Up**
   No matter how many precautions you take, there is still a chance that you can come in contact with body fluids of the victim.
   1. Intact skin should serve as a barrier. However, if you have breaks in your skin, ensure they are covered.
   2. If you come in contact with the victim’s blood, wash with soap and water.
   3. If blood comes in contact with open skin and eyes, then wash it with water and seek medical advice.

IMPORTANT: This is a first aid guide to help the victims with external bleeding. Follow the steps outlined above while waiting for professional medical assistance.

DISCLAIMER: The information in this poster is not a substitute for proper first aid training.

Get Quality First Aid Kits and First Response Services from www.alsco.co.nz