

# BLEEDING



Knowing what to do when you see it could save someone from serious harm.

## CUTS & GRAZES



Clean cuts under running water or with alcohol-free wipes



Apply pressure



Raise the injury



Apply a dressing if necessary

## NOSE BLEEDS

**Do** sit down, and lean forwards. Blood needs to exit your nose, not go down your throat.

**Don't** lie down, lean backwards, or do an Irish jig.

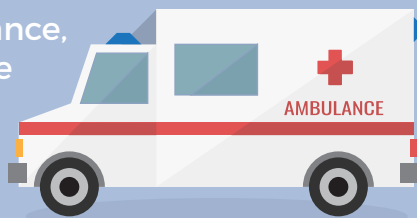
Breathe through your mouth and pinch your nostrils. Take a break from this every ten minutes, until the bleeding stops.

Try not to talk, swallow, cough or spit.



## SEVERE BLEEDING

Call an ambulance, or get someone nearby.



If there's an object still inside someone, such as a shard of glass or a knife:

**Don't pull it out!**

The object could be plugging the injury.

But do apply pressure around it, with a sterile dressing if available. Otherwise, use a clean cloth or gloved fingers.

If there's no object – apply a bandage and wait for the emergency services.