

# FIRST AID FACT SHEET

## Severe Bleeding

Severe bleeding is an excessive amount of blood loss that can be life threatening. Even a small injury can result in severe external bleeding, depending on where it is on the body.

### Caused by

- + Anything that cuts or damages a blood vessel.
- + Injury to a blood vessel.
- + Amputation of a body part.

### Signs & symptoms

- + Visible blood loss, oozing, flowing or spurting.
- + Pain.
- + Tenderness.
- + Feeling faint or dizzy.
- + Looking pale.
- + Thirsty.
- + Progressive loss of consciousness.

## What to do

**IMPORTANT** wear gloves to prevent infection, if possible.

### Unconscious casualty

1. Follow DRSABCD St John Action Plan.
2. Control bleeding as for a conscious casualty.
3. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.

### Conscious casualty

1. Follow DRSABCD St John Action Plan.
2. Reassure and lie the casualty down and remove or cut their clothing to expose the wound.
3. Apply direct pressure over the wound using a pad or your hands. Instruct the casualty to do this if possible.
4. Squeeze the wound edges together if possible.
5. Raise and support the injured part above the level of the casualty's heart. Handle gently if you suspect a broken bone.
6. Apply a pad over the wound and secure by bandaging over the wound.
7. If blood oozes through the original bandage do not remove it. Place another pad and bandage over the top of the original one.
8. Monitor consciousness and vital signs.
9. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.

**DO NOT** give the casualty anything to eat or drink.



In a medical emergency  
call **Triple Zero (000)**

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