

Note: Please be aware that this lesson is only for minor wounds. If someone is experiencing life-threatening bleeding, you should immediately call 9-1-1.

INTRODUCTION

Whenever you or someone around you has an injury, bleeding can add a heightened sense of anxiety to an already stressful situation. In some cases, you may even need to help control the bleeding before emergency services arrive, thereby increasing the person's chances of survival. This lesson will cover the different types of bleeding, kits that are available to help in bleeding situations, and techniques you can use to give emergency services more time to arrive at the scene.

In addition to this lesson, it is recommended that employees who want to feel confident about the techniques mentioned attend a bleeding control class. These classes can be found by doing an internet search or by contacting your local public health department, hospitals and clinics, emergency medical services, or fire and police departments.

TYPES OF BLEEDING

One of the first things that you should be able to do when helping someone with a bleeding injury is to identify the type of the bleeding, and whether it is internal or external. For external bleeding, there are three categories of bleeding.

- **Capillary bleeding:** This is the most common type of bleeding. This occurs from a minor injury such as paper cut or scrape and also tend to clot and stop bleeding by themselves within a matter of minutes.



- **Venous bleeding:** This happens when a vein has been damaged. Unlike blood that comes from the capillaries, venous bleeding can look dark red to blackish in color and flows in a steady manner. Additionally, it can be quite substantial and can result in death if bleeding is not controlled in a timely manner.



- **Arterial bleeding:** This happens when an artery has been damaged. Blood from this type of injury will spurt in rhythm with the person's heartbeat and can result in major blood loss in minutes and often results in death. Blood from the arteries typically range in color from bright red to yellowish.



Venous and arterial bleeding are medical emergencies and 9-1-1 should be contacted immediately to help maximize the chances of the patient's survival.

- **Internal Bleeding:** Internal bleeding results from a traumatic injury to the internal organs or tissues. Unfortunately, internal bleeding can only be diagnosed and treated by medical professionals. First aid cannot be used to help the patient, but if internal bleeding is suspected, 9-1-1 should be contacted as soon as possible and the person offering aid should follow all of the instructions given by dispatch.

KITS

To help with situations that involve injuries and blood, many companies have fully stocked first aid kits that can be used in an emergency. In addition to the traditional first aid kit, many retailers also offer trauma, trauma bleeding, or bleeding control kits. Unlike traditional first aid kits, these kits are specifically designed to help in a severe bleeding situation, and typically include:

- Gloves;
- Gauze;
- Compression bandage; and
- Instruction booklet.



Some kits may also come with supplementary items such as trauma shears and/or a blanket.

CONTROLLING THE BLEEDING

Injuries that involve blood can be scary and cause people to panic which, unfortunately, can result in more blood loss and death. If you find yourself in a situation where a person is bleeding and requires assistance, you can use the following tips and techniques to help increase the person's chances of survival.

The first thing that you should do is evaluate the situation and take care of your own safety first. You can't help anyone if you become a victim. Next you should try and identify the type of bleeding you are dealing with.

Please note that you should always wear gloves when helping someone who is bleeding to help protect yourself from bloodborne pathogens. However, if gloves are unavailable due to location or circumstances, you can use your hands. If you have to use ungloved hands, wash your hands with soap and water as soon as possible after the incident.

Capillary Bleeding

Capillary bleeding usually only requires basic first aid for the wound.

- Apply direct pressure to the wound. Bleeding should stop within minutes of pressure being applied and if bleeding continues after 10 minutes, emergency services should be contacted.
- Wash the wound with soap and water.
- And, apply a sterile bandage.

Nosebleeds

If a person is bleeding from the nose, you should:

- Have the patient sit upright and instruct them to tilt their head forward. Do NOT have the person tilt their head back because this could cause the blood to run back into the sinuses and throat, which can result in gagging or inhalation of blood.
- Once the head is tilted forward, have the patient squeeze their nostrils shut using their thumb and forefinger.
- The patient should hold this position for 5 to 10 minutes.
- Once 5 to 10 minutes have elapsed, have them release the hold and check for bleeding. If bleeding continues, have them reapply pressure to the nostrils.
- If bleeding persists or the patient feels weak or faint, seek immediate medical attention.



Venous Bleeding

When dealing with someone who is experiencing venous bleeding, you should do the following:

- Remain calm and evaluate the situation. Does the person look like they are in shock? Do they look pale or sweaty? Are they unconscious? If the patient displays any signs of shock or it appears that they are going to fall unconscious, instruct the nearest person to call 9-1-1. The patient may need to be transported by ambulance to the nearest hospital.



- If you are in a building or an area with a trauma or first-aid kit, ask someone to retrieve it while you attend to the patient.
- Inspect the wound for objects and if there are any in the wound, do NOT remove them. The object could be acting as a plug against further blood loss.
- Apply direct pressure to the wound with a sterile dressing. Bleeding should stop within a few minutes. If you do not have a sterile dressing, you can use a t-shirt or other clean cloth.
- After direct pressure has been applied, bandage the dressing. The bandage should be secure enough to continue to apply pressure to the wound, but not tightly enough that circulation is cut off.
- Once the wound has been properly dressed, you should get the injury checked out by a medical professional.

Arterial Bleeding

Arterial bleeding is the most severe form of bleeding and needs immediate medical attention because a person could bleed out within minutes. When dealing with an arterial bleed:

- Remain calm and instruct a nearby person to contact 9-1-1.
- If you know that you are in an area that has a first aid or trauma kit, send another person to grab it.
- Most trauma kits come with an instructional card. If your kit does come with a card, ask for someone to read the instructions to you.
- If you can, remove any clothing or debris from the wound but do NOT remove any objects that may be sticking out of the wound since it could be acting as a plug for further blood flow.
- And, evaluate the wound and make a decision on how to stop the bleeding. For severe bleeding you can either apply direct pressure or pack the wound.

Direct Pressure

Direct pressure is the best option for any type of bleeding. To apply direct pressure, you should:

- Use a clean cloth or sterile dressing to cover the wound.
- Once the wound has been covered, apply firm, constant pressure by either using your fingers or hand depending on the size and location of the wound.
- Continue to apply pressure until medical assistance arrives.
- If bleeding seeps through your covering, do NOT remove it. Instead, add another layer and continue to maintain pressure.
- And most importantly, do NOT check the wound to see if it has stopped bleeding.

Packing the Wound

Packing the wound is the second-best option for controlling the bleeding, especially in areas such as the neck, arm pits, and groin. To pack a wound, you should:

- Open the gauze packet that can be found in either first aid or trauma kits. If you do not have access to gauze, you can use a clean cloth.
- Once you have the gauze or cloth in your hand, use your fingers to work it into the wound. You will need to get the material as close to the source of blood as possible, so you may need to wipe off the blood beforehand to identify the bleeding area.
- The patient may complain that this is a painful procedure. It is OK to inform them that it will hurt, but will help in preventing them from bleeding out until medical assistance arrives.





FIRST AID: BLEEDING CONTROL

- And, once you have enough material packed into the wound, apply direct pressure to the wound. Do NOT let up on the pressure until help arrives and you have been instructed to remove your hands or fingers.

CONCLUSION

To review, deaths from uncontrolled blood loss are one of the most preventable deaths in the United States. You can help save a life by controlling the bleeding until professional medical assistance arrives. For venous and arterial bleeding, direct pressure or packing the wound is the best option to offer the highest chance of survival. Remember, with blood loss, every second counts.



Safety Meeting Report



Builders' Exchange
OF SANTA CLARA COUNTY

Employer _____

Date _____

Location _____

Meeting Supervisor _____

Safety Meeting Subject: _____

Accidents Reviewed: _____

Suggestions: _____

Employee's Attending

1. _____

2. _____

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