

## Principles of Control

**Pressure** – slow or stop the flow of blood. Squeeze wound edges together and wrap the injury.

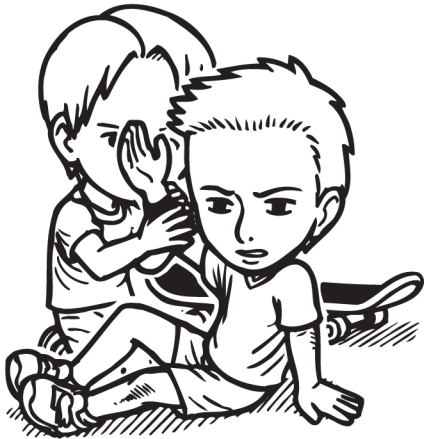
**Elevation** – blood flows poorly uphill. Lift bleeding area and keep it raised.



### What to do



#### *External bleeding*

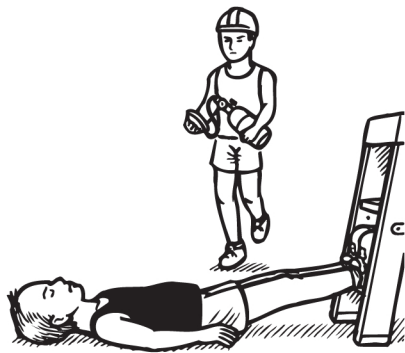


- DRSABCD
- Using a pad or folded cloth, push on the wound.
- Elevate wounded area, if possible.
- Apply bandage over pad. If blood soaks through, use another pad and more bandaging.
- Apply a sling, if possible.
- Call 000 for ambulance/medical help.
- Check blood flow present beyond dressing.

### What to do



#### *Internal bleeding*



- DRSABCD
- Lay casualty down to prevent fainting.
- Raise casualty's feet by 20 cm or so, if possible.
- Call 000 for ambulance/medical help.

### What to do



#### *Special bleeds*

Nose



- Sit casualty up, lean him/her forward and pinch the soft part of the nose for 10 minutes.