



St Andrew's First Aid
Together We Save Lives

WOUNDS & BLEEDING

There's a lot of blood.
WHAT CAN YOU DO TO HELP?

RECOGNITION

Types of bleeding

- V – Venous:** Dark red blood which flows profusely from the wound.
- A – Arterial:** Bright red blood which spurts from wound.
- C – Capillary:** Dark red/bright red blood which oozes from wound

CAUTION

Call 999/112 for emergency help if you suspect a serious injury.

Be aware of your own needs, including the need to protect yourself against blood-borne infections.

YOUR AIMS

- To assess the casualty's condition quickly and calmly.
- To control blood loss by applying direct pressure and elevating the injured part.
- To minimise the risk of shock.
- To comfort and reassure the casualty.



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St Andrew's First Aid is the trading name of St. Andrew's Ambulance Association, a charity registered in Scotland, No. SC006750

A break in the skin is known as a wound. Wounds can be daunting, particularly if there is a lot of bleeding, but prompt action reduces the amount of blood loss and minimises shock.

TYPES OF WOUNDS

Wounds can be classified into a number of different types, depending on the object that produces the wound – such as a knife or a bullet – and the manner in which the wound has been inflicted. Each of these types of wound carries specific risks associated with surrounding tissue damage and infection.

Incised wound (clean cut)

This is caused by a clean surface cut from a sharp-edged object such as a razor. Blood vessels are cut straight across, so bleeding may be profuse.

Laceration (tear)

Crushing or ripping forces result in tears or lacerations. These may bleed less profusely than incised wounds, but there is likely to be more tissue damage.

Abrasion (graze)

This is a superficial wound in which the topmost layers of skins are scraped off, leaving a raw, tender area.

Contusion (bruise)

A blunt blow can rupture capillaries beneath the skin, causing blood to leak into the tissue. This process results in bruising.

Puncture wound

An injury such as standing on a nail or being pricked by a needle will result in a puncture wound. It has a small entry site but a deep track of internal damage.

Stab wound

This type of wound can be caused by a long or bladed instrument, usually a knife, penetrating the body. Stab wounds to the trunk must always be treated seriously because of the risk of injury to vital organs and life-threatening internal bleeding.

Gunshot wound

This type of wound is caused by a bullet or missile being driven into or through the body, causing serious internal injury and sucking in clothing and contaminants from the air.

Treatment

Apply direct pressure over the wound and elevate the injured part. Apply a clean sterile dressing to the wound. If blood seeps through, apply another dressing on top. If blood is still seeping through remove both dressings and start again from scratch.