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

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.

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.

firstaid.org.uk

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

The advice on this page is not designed to replace formal First Aid training.
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 skin 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.