

# Stopping Bleeding

**Types of Bleeding**  
**Control of Bleeding**

# Bleeding - Types of Bleeding

- “ Arterial Bleeding: Usually bright red in color, rapid & profuse-spurting with every heartbeat.
- “ Venous Bleeding: \*Dark red/maroon in color, steady and can be profuse.
- “ Capillary bleeding: slow/oozing blood due to their small size and low pressure.
- “ Hemorrhage (general definition): Severe bleeding anywhere.

# Control Bleeding: Step One

- Apply Direct Pressure
- Use universal precautions to protect you from body fluids
- Add bandages OVER other bandages; do not remove blood-soaked bandages
- Do this for at least 15 minutes in most cases

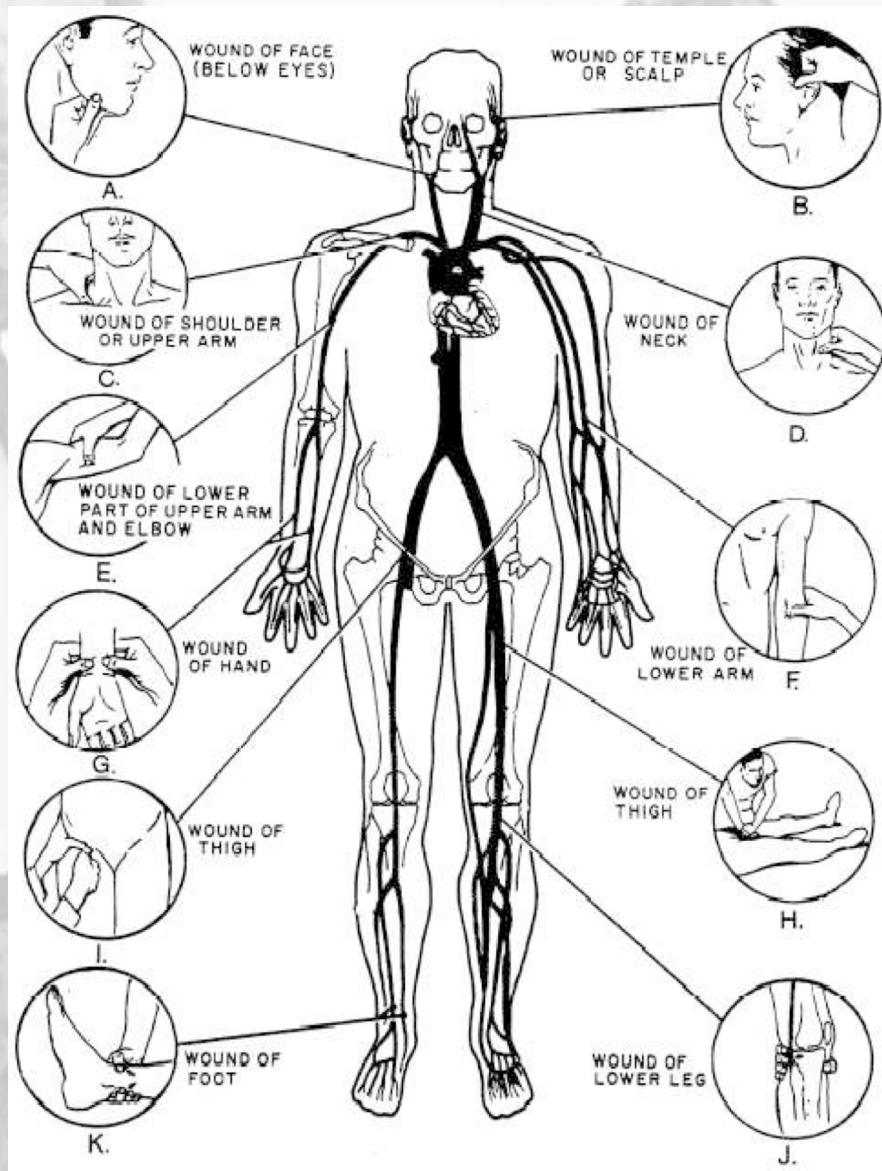
# Controlling Bleeding: Step Two

If direct dressure alone does not work, apply direct pressure **AND** elevate the wound above the heart.

# Controlling Bleeding: Step Three

If direct pressure plus elevation does not work, try direct pressure plus elevation, plus applying pressure at one of the body's pressure points between the area that is bleeding and the heart.

# The 11 Major Pressure Points



# Never apply a tourniquet

Even though you may have heard of tourniquets and their use in cases like snake bites and severe bleeding, **NEVER APPLY A TOURNIQUET.**