

EXTERNAL BLEEDING

- **USE DISPOSABLE GLOVE**
- **LOOK AT WOUND TO ENSURE NO FOREIGN BODY**
- **APPLY DIRECT PRESSURE OVER WOUND WITH STERILE OR CLEAN PAD**
- **RAISE & SUPPORT THE INJURED PART ABOVE HEART LEVEL**
- **APPLY DRESSING & FIRM BANDAGE**
- **ALL METHODS FAILED THEN TOURNIQUET APPLIED**
- **REASSES CIRCULATION EVERY 20-30 MINUTES**
- **CALL FOR EMERGENCY HELP**