Bleeding



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Bleeding



A short course to learn how to help someone who is bleeding.

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Learning outcomes

- I can ensure the safety of myself and others
- I can assess a casualty's condition calmly and give first aid to someone who is bleeding
- I can give first aid to a casualty who is in shock
- I can seek medical help if required for someone who is bleeding

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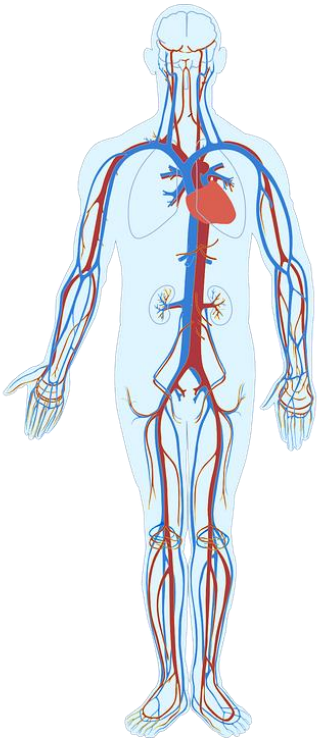
Blood

Basic anatomy

- Blood is made up of different things and travels around inside of our body. It provides the body with a lot of important things we need to survive.

- The **H**_ _ _ _ pumps blood around the body.

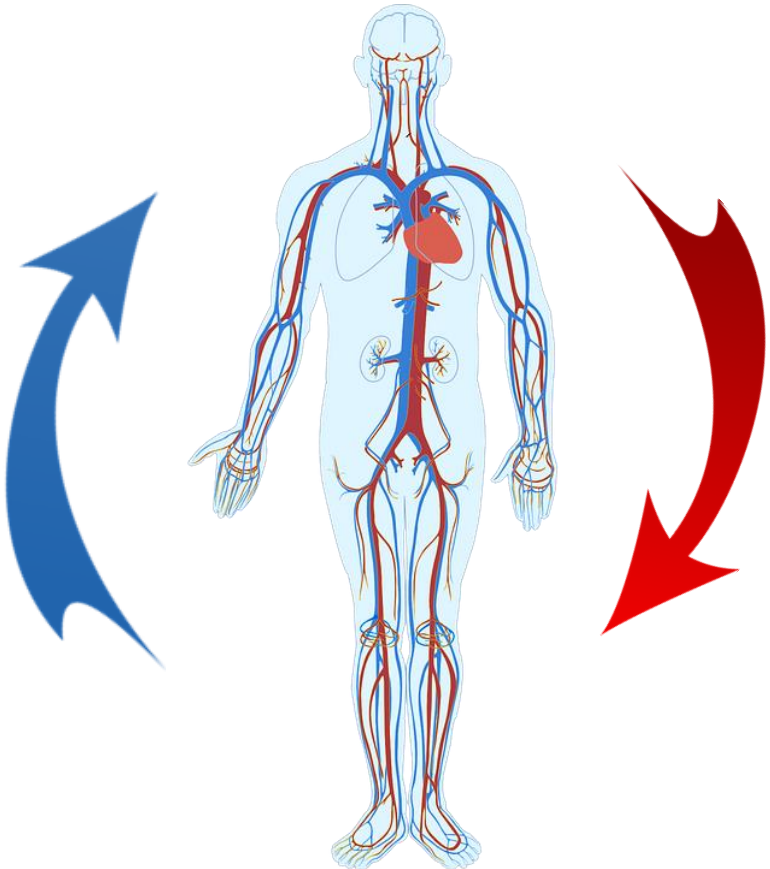
- Blood travels around the body inside of vessels which are all different sizes.



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What do you see?





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What do you think?

A **SIGN** is something you can see.

Signs and symptoms of someone bleeding could be…

A **SYMPTOM** is something that the casualty can tell you they are feeling.



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Answers

Signs and symptoms of someone bleeding from an injury could be:

- Pain and blood at site of the injury
- Pale skin
- Feeling faint
- Rapid pulse or heart rate
- Distress and anxiety
- Bruising and swelling
- Lack of response

Question:
Would you call for help if you found someone with these signs and symptoms?

Explain your answer.

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Watch this video (warning footage contains scenes of bleeding)

https://youtu.be/kRrkE8A4ceI

Activity A10
Group work

Discuss in pairs

- Describe how it might feel if someone was injured and bleeding

QUESTION:

- What should you do straight away if you found someone who is bleeding?

QUESTION:

- What could you wear (if it is possible) when dealing with someone who is bleeding? Why



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Activity A10 Answers

Reassure

Positioning

Call for help



Pressure

Be alert for shock

Immobilise

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Shock

What is shock?

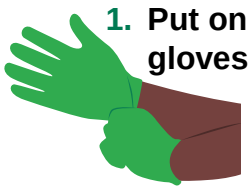
- Shock is a life-threatening medical condition which is caused by a lack of blood supply to the major organs in the body.
- Lack of blood supply causes a lack of oxygen supply to the major organs. By recognising and treating shock quickly you can help keep the major organs working.

Signs and symptoms of someone in shock could be:

- Rapid, shallow breathing
- Cold, clammy skin
- Rapid, weak pulse
- Dizziness or fainting
- Weakness
- Sweating
- Restlessness

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Your turn: Severe bleeding



1. **Put on gloves**

2. **Apply pressure to the wound**
   - (but only if there is nothing stuck in it)



3. **Apply a dressing to the wound**
   - the pad goes over the injury
   - use bandage to secure it in place
   - make sure the bandage is not too tight
   - call 999/112

4. **Apply second dressing, if needed**
   - no more than two dressings at a time



5. **If an object is in the wound, do NOT remove it**
   - put a pad on either side of the object
   - bandage carefully over the pads without pushing the object in any further



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Your turn: Nosebleed

1. **Sit**
   - the casualty down leaning forward



2. **Ask**
   - them to pinch the soft part of their nose for 10 minutes

3. **Check**
   - if the bleeding has stopped
   - if still bleeding pinch nose for a further 10 minutes

4. **Re-check**
   - if still bleeding pinch for a further 10 minutes

5. **Help**
   - if bleeding has not stopped after a maximum of 30 minutes seek medical help



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Your turn: Dealing with shock

1 Treat

- any injuries that may have caused shock

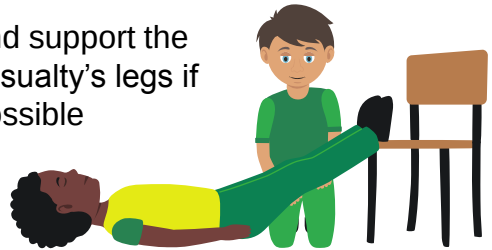
2 Help

- the casualty to sit down, then lie down



3 Raise

- and support the casualty's legs if possible



4 Call

- 999/112



5 Reassure

- them and loosen any tight clothing



6 Keep

- the casualty warm



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Check your learning



I am able to:

- **Identify when someone is bleeding** ☐ ☐
- **Give first aid to a casualty who is bleeding** ☐ ☐
- **Give first aid to a casualty who is in shock** ☐ ☐
- **Call for help correctly, if it is necessary** ☐ ☐

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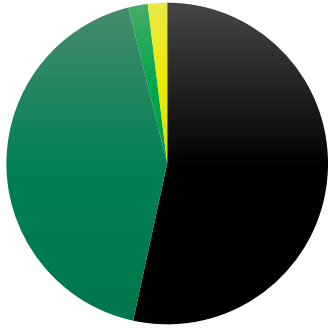
Thank you!

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Optional activity A7 Blood

Use the worksheet to complete the pie chart and find out more about the contents of our blood.





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Optional activity A5
Making blood



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Optional activity A11
Make a stethoscope

HOW TO MAKE A STETHOSCOPE

Stethoscopes are used to listen to a person's heart. We can make a very basic stethoscope easily.

What you will need:

- Funnel
- Gaffer tape
- Cardboard tube

Method:

1. Attach the funnel to the cardboard tube using gaffer tape.
2. Place on a friend's chest and listen to their heart beat.
3. Can you count how many times the heart beats in one minute?





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Watch this video

https://youtu.be/yydY4OAE9DU