

Using Pressure to Control Life-Threatening Bleeding

- If you have applied a bandage after bleeding has stopped:
 - Monitor for bleeding through the dressing.
 - If bleeding recurs, remove the bandage and leave only the single dressing on the wound in place, and then apply direct manual pressure.
- Monitor for shock and give care, if necessary, until help arrives.



Using Direct Pressure to Control Life-Threatening Bleeding

1. Place the dressing on the wound.*

- Ensure a good contact with the bleeding surfaces of the wound.



**Use a hemostatic dressing if available.*

2. Apply steady, firm pressure directly over the wound until the bleeding stops.

- Put one hand on top of the dressing and put your other hand on top.
- Position your shoulders over your hands and lock your elbows.
- Push down as hard as you can.
- If blood soaks through the original gauze pad, you do not need to do anything, but you can put another gauze pad on top. Replace the new gauze pad, as necessary, if blood soaks through the pads.



Note: Do not remove the original gauze pad and do not stack multiple gauze pads.

3. Hold direct pressure until:

- The bleeding stops.
- A tourniquet is applied (for life-threatening bleeding from an arm or leg) and the bleeding has stopped.
- Another person relieves you.
- You are too exhausted to continue.
- The situation becomes unsafe.

If bleeding stops before EMS arrives:

4. Apply a roller bandage.

- Check for circulation beyond the injury.
- Apply the bandage over the dressing and secure it firmly to keep pressure on the wound.
 - Place the end of a bandage on the dressing at a 45-degree angle
 - Continue wrapping the bandage over the dressing.
 - Tape to secure the dressing.
- Check again for circulation beyond the injury. If there is any change, the bandage may be too tight; carefully loosen the bandage.

