

Controlling External Bleeding

a. Direct pressure

- 1) Apply direct pressure to wound site with your gloved hand.
- 2) Apply firm pressure with a sterile dressing or clean cloth.
- 3) Apply pressure until bleeding is controlled (may be 10-30 minutes or longer).
- 4) Hold dressing in place with bandages after bleeding is controlled.
- 5) Never remove a dressing once it is in place.

