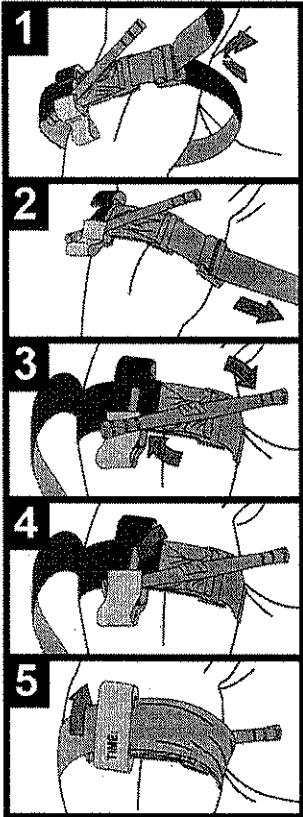


Tourniquets

A tourniquet can be applied on an extremity to cut off blood flow and stop bleeding. Contrary to popular belief, applying a tourniquet almost never results in a loss of a limb. In most cases a tourniquet is removed long before permanent muscle damage begins, so do not hesitate to apply one if bleeding cannot be controlled by other methods. Follow instructions below to apply a tourniquet:



1. Place the tourniquet around the limb, approximately 2 to 3 inches above the bleeding site. Pass the tip through the slit of the buckle. Apply to bare skin if possible, and NEVER over a joint or solid object.

2. Pull the band as tightly as possible, and fasten it back on itself around the limb. Do not cover the rod clips.

3. Twist the rod until bright red bleeding stops completely. This will hurt, so make sure you communicate with the injured person. Don't stop once you begin tightening the tourniquet.

4. Once bleeding stops, or once you can't tighten any more, secure the rod inside the clip to lock it in place.

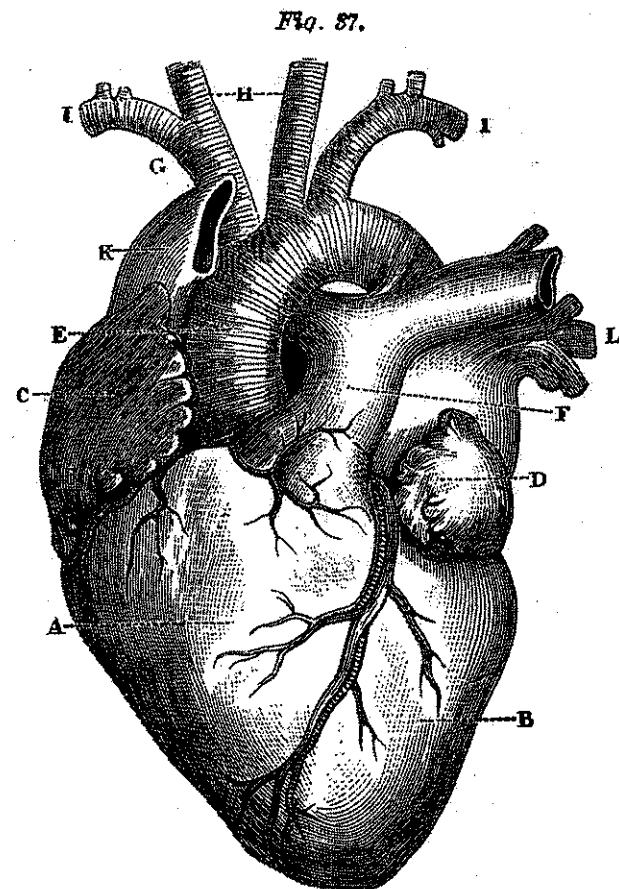
5. Route the band between the clips and over the rod. Secure the rod and band with TIME strap. Record time of application.

Do not loosen or take off the tourniquet once applied. If bleeding is not controlled or restarts after this point, consider applying a second tourniquet 2 to 3 inches above the first one.

Shock

With significant blood loss, shock will set in. Watch for blue or discolored lips and pale or desaturated, cool, and clammy skin. In case of severe blood loss, people may become confused or lose consciousness altogether. To counteract shock, lay the person down on their back and cover them with a blanket to preserve body heat.

BASIC BLEEDING CONTROL



Untitled Medical Collective

Make sure you are safe

First and foremost, do not put yourself in danger when helping others. If you get injured while helping others, the amount of resources required is doubled. Pay attention to your surroundings and make sure you are safe. Wear appropriate PPE, such as gloves and face masks, depending on the situation. Avoid direct contact with bodily fluids.

Get consent

Be sure to get consent before providing assistance, performing interventions, or calling 911. If someone refuses your help, respect their wishes. The only exception is if the person is unconscious or unable to give explicit permission, in which case you are allowed to intervene to save their life. While assisting someone, talk through everything you do and explain why you are doing it to them, even if the person is unconscious.

Call 911

Ensure that the injured person gets definitive care and call 911. Be clear about the nature of the injury.

Locate and evaluate the hemorrhage

Find the location of the bleeding. If possible, remove clothing to see the injury better. Evaluate the wound to determine severity.

Signs of severe arterial bleeding:

- Bright red blood
- Blood spurting out in time with the heartbeat
- Clothes or bandages soaked in blood
- Injured person becoming confused or unconscious

Injury locations and appropriate interventions:

	DIRECT PRESSURE	PRESSURE DRESSING	TOURNIQUET	WOUND PACKING	CHEST SEAL
EXTREMITY	YES	YES	YES	YES	×
JUNCTION	YES	×	×	YES	×
CHEST	×	×	×	×	YES
ABDOMEN	YES	×	×	×	×

Apply and maintain pressure on the wound

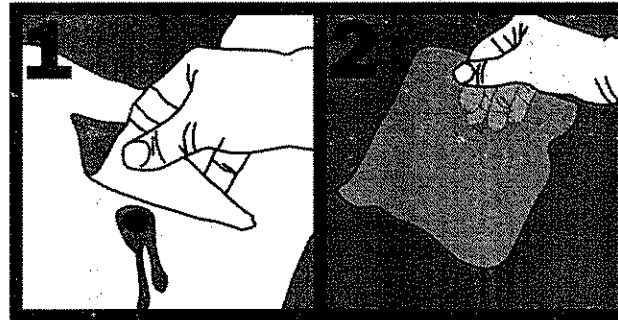
Cover the wound with a clean cloth or gauze and apply heavy pressure. If the wound is large or deep, pack the wound by tightly stuffing cloth or gauze into the wound and then apply pressure on top. Press hard, and do not release until relieved by medical professional.

Stab wounds

If someone has been stabbed or impaled and the object is still in the body, do not pull it out. Stabilize it in place with fabric, gauze, or bandages, and apply pressure around the object. If the object has already been removed, treat the wound as you would any other hemorrhage.

Chest seals

If there is a hole in the chest wall, it may prevent the injured person from breathing. To prevent that, apply a chest seal, which stops air from entering the chest cavity but allows excess air to be vented out. If you are using a pre-made chest seal, follow the manufacturer's instructions (usually printed on the packaging). You can also improvise a chest seal using following instructions:

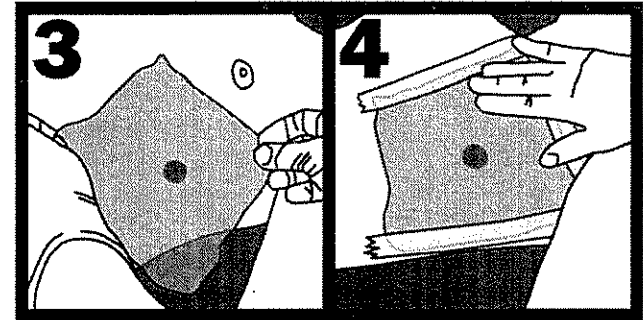


1. Wipe dirt and fluid away from the wound with gauze/cloth.

2. Find a material suitable for a chest seal, such as a clean chip bag, a zip-lock bag, or anything that will not let air through.

3. Place the seal on the patient, with the middle of the seal centered on the wound.

4. Tightly tape the seal to the body on 3 sides, leave one side open to function as a vent. Make sure the seal does not peel off.



If there is a second wound elsewhere on the chest, repeat the steps 1-4, but this time tape the seal on all 4 sides. Use medical tape if possible.