



Helping someone who is

# bleeding heavily

Key action:  
**Put pressure on the wound.**



**Recognise what to do:**

Blood is flowing from a wound (and it's too big for a plaster).

**Steps to take:**

Put pressure on the wound with whatever is available (your hand, a cloth or some clothing). Call 999 as soon as possible, or get someone else to do it.

Keep pressure on the wound until help arrives.

**Supporting knowledge:**

The pressure you apply to the wound will stop or slow the flow of blood. This will help the blood clot and stop the bleeding.

To put pressure on the wound, you can use your hand, a t-shirt, a scarf - anything that can be put over the wound.