Learner skill guide

Helping someone who is **bleeding heavily**

Key action: **Put pressure on** the wound. Blood is flowing from a wound (and it's too big **Recognise what to do:** for a plaster). Put pressure on the wound with whatever is Steps to take: 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.



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