



How can you help someone who is

bleeding



Key action:

**Press on
it hard**



How do you know it's a bad bleed?

If it is a bad bleed, it will be bleeding too much for a plaster.



How to help

1 Press hard on the bleed using something like a towel, T-shirt or even just your hand.



2 Tell an adult and call 999.



3 Keep pressing on it until help arrives.