

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.