How to Stop a Bleed

- Bleeding or haemorrhaging is simply blood escaping from its vessels.
- There are varying degrees of seriousness.
- The main method of arresting the blood flow is by applying direct pressure.

Applying Direct Pressure

- This is one of the most effective ways of stopping severe bleeding in almost any part of the body.
- Place the palm or fingers over the bleeding point and apply direct pressure.
- The bleeding will usually stop after a while.
- Do not use the method if there is a foreign body in the wound or if a fracture is suspected.
- With this method, there is also a slight risk of introducing germs into the wound. To prevent this, place a clean piece of material like lint or gauze over the wound before applying pressure.
Burns and scalds are injuries to body tissue caused by heat, chemicals or radiation.

- Reduce the spread of heat, pain and swelling by placing the burnt area under cold running water or immersing it in cold water for at least 10 minutes.
- Gently remove any rings, watches, belts or constricting clothing from the injured area before it starts to swell.
- Cover the injured area with clean, preferably sterile, non-fluffy material.
- A burnt face may be covered with a gauze mask, with holes cut into it to assist the victim in breathing.

- Do not break blisters or remove anything that is sticking to a burn.
- Do not apply lotions, ointments or fat to the injured area.

**NOTE: For severe burns, call 995 for an emergency ambulance.**
Treating Fractures

What is a Fracture?

A fracture is a broken or cracked bone. There are a number of signs and symptoms, which can indicate that a person has a fracture:

- Pain.
- The injured part cannot be moved normally.
- The injured part may have an unnatural shape or position.
- There is swelling and sometimes bruising.
- There is loss of strength.
- There may be an irregularity or shortening of the affected limb.

First Aid for Fractures

Treat severe bleeding and breathing difficulties first and only then immobilise the injured part.

1. Treat severe bleeding and difficulty in breathing first.
2. Treat on the spot. Avoid unnecessary movement.
3. Immobilise the injured part; splint the joint above and the joint below the injury.
Transporting Casualties Without Using a Stretcher

Where stretchers are not available or cannot be improvised, you may have to transport casualties the ‘manual’ way. There are several methods you can use depending on the situation:

**Victim can walk with some assistance**

**Human Crutch**
- This method is used to move victims who are conscious and able to walk with some assistance.
- Hold him firmly around the waist and use your shoulders to support his arm, while he rests his body weight on you.

**Victim is lightweight**

**Fireman’s Lift**
- This is suitable for victims who are lightweight, either conscious or unconscious.
- Stoop low, bend the victim over your shoulders and lift him up. For more stability, wrap your arm around his leg as you hold his arm over your chest.

**Victim is lightweight and conscious**

**Pick-a-back**
- If the victim is conscious, lightweight and able to hold on using her arms, this is an excellent method to transport her.
- You should ensure stability in this position by firmly grasping the victim behind the knees, with her arms held together securely across your chest.

**Victim is a child / lightweight adult**

**Cradle Method**
- Use this method if the victim is a child or a lightweight adult.
- The victim will be in the most comfortable position if you slip your arms under her thighs and shoulders.
Cardio-Pulmonary Resuscitation (CPR)

You will have to act quickly to help someone who may appear to have stopped breathing and has no pulse. There are a number of steps which you should follow:

**Turn victim over facing up**

1. Assess the victim’s condition - shake him gently and ask if he is all right.
   - If he did not respond, seek assistance by shouting for help and call 995 for an ambulance.
   - Lay him face up on a firm, flat surface, moving his head and body simultaneously.

2. Open his airway by tilting his head back and lifting the chin upwards. If you see foreign objects in his mouth or throat, remove them.

**Check to see if victim is breathing**

3. Place your face close to his mouth and observe his chest; look, listen and feel for any signs of breathing for up to 10 seconds.

4. If there is no indication of breathing, perform mouth-to-mouth ventilation.
   - Maintain an open airway. Pinch his nose and give two blows into his lungs. The duration for each breath is 1 second. The victim’s chest should rise with each blow.

**Perform mouth-to-mouth ventilation**

5. Next, feel for pulse at the carotid (neck area) for up to 10 seconds.
   - If there is a pulse, perform mouth-to-mouth ventilation at the rate of 12 times per minute, until natural breathing is restored.
   - If there is no pulse, immediately begin CPR, adhering closely to the steps that follow (Steps #6 to #7).
6. If there is no pulse, perform external chest compressions as follows:

- Centre the heel of one hand at the lower half of the breast bone, keeping your fingers off the ribs. Cover this hand with the heel of your other hand.
- Keep your arms straight and push down vertically about 4 to 5 cm and then release. Complete 5 cycles comprising of 30 compressions & 2 full ventilations in each cycle. Between compressions, do not lift your hands off the chest.

Repeat pulse check after the 2 minute and every 5 minutes thereafter.

**Stop compressions immediately once pulse returns and check for breathing**

7. The moment his pulse returns, immediately stop compressions and check for breathing.

If victim is not breathing, perform rescue breathing at 12 times per minute (1 breath every 5 seconds) until victim’s natural breathing is restored.

If both pulse and breathing have returned, place victim in the recovery position and maintain an open airway.

Continue to monitor for both breathing and pulse every few minutes until help arrives.

**NOTE:** To be proficient in CPR, one should undergo CPR Training to learn the proper CPR techniques and procedures.
Choking: Obstructed Airway of an Unconscious Adult

Open victim’s mouth and take out any foreign objects found inside

1. Turn the victim onto his back carefully supporting his head and neck. If he is not responding, shout for help and call 995 for an ambulance.

2. Open his airway by tilting his head back and lifting his chin upwards and check for breathing. Remove any foreign objects you see in the victim’s mouth with your fingers.

If victim is not breathing, perform mouth-to-mouth ventilation

If victim’s chest does not rise, perform chest compressions

3. If victim is not breathing, perform mouth-to-mouth ventilation.

4. If the chest does not rise, reposition the victim’s head and re-attempt ventilation (2nd ventilation).

5. If the chest still does not rise, perform 30 chest compressions.

6. The hand position is the same as for the chest compressions performed for CPR.

7. Repeat the head-tilt-chin-lift (step 2) and check the mouth. Remove any foreign objects if seen.

8. Open his airway and check breathing.

9. Repeat steps 5 to 7 if necessary until successful.