

1500 MLK CERT GROUP

Emergency First Aid: Know How to Stop Bleeding by Applying Direct Pressure to a Wound

Bleeding from a cut or wound is a common injury from an earthquake. Knowing how to stop bleeding is one of the most important and effective skills you can have to help reduce injury and save lives. In most cases, applying direct pressure to the wound can stop bleeding.



Image 1: Applying pressure to wound



Image 2: Applying additional pressure to wound by using a flat surface

Example: A cut to the forearm with bleeding.

- Use towel, cloth, or first aid bandages and apply direct pressure to the wound.
- If there is “bleed through”, the bandage becomes bloody, add additional layers until it is not bleeding through.
- If additional pressure is required, place wounded body part on a flat surface where possible and apply pressure.
- **Never remove layers to peek at a wound.** Pulling away bandages will prevent the wound from clotting and can re-start bleeding.
- There is a procedure for removing bandages to clean wound.