

# HOW TO DEAL WITH EXTERNAL BLEEDING/HEMORRHAGE

## TYPES OF EXTERNAL BLEEDING



### Capillary

- Slow and oozing
- Easily controlled
- Stops spontaneously



### Venous

- Steady flow
- Easier to control
- Low pressure system



### Arterial

- Rapid and profuse
- Spurting with heart beat
- Most difficult to control

**Apply direct pressure** to the wound with dressings, gauze or clean cloths, EXCEPT if there is an open fracture. **In case of extreme bleeding, raise the affected limb.**

**If the bleeding is severe or does not stop in 5 – 10 minutes, call 112 and carry out arterial compression.**

**On the arm,** apply pressure to the humeral artery or brachial artery, which is found in the inner side of the middle third of the arm. This pressure will reduce the blood flow in the arm, forearm and hand. To apply pressure, place four fingers over the artery and press on the bone.

**On the leg,** the pressure is applied in the groin area, over the femoral artery, pressing with the fist and the heel of the hand. This pressure will reduce the bleeding in the thigh, leg and foot.



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