

Bleeding

Bleeding: Escape of blood from the blood vessels.

Types of bleeding:

1. External (escape of blood from the circulation to the outside of the body)
2. Internal (escape of blood from the circulation to the inside of the body)
3. Arterial Bleeding
4. Venous Bleeding
5. Capillary Bleeding

In case of bleeding time is of essence as the casualty might lose large amounts of blood if not controlled by the following methods:

1. Direct pressure

Apply direct on the wounded area by a sterilized dressing, a thick clean piece of cloth or the bare hand. These methods will apply pressure on the blood vessels and lead to reducing the flow of blood. Continue applying pressure until the bleeding stops. If blood seeps from the dressing don't attempt to remove it but apply a second dressing on top of the first one.

2. Elevation of the wounded limb

If the wound is in the arm or leg, lift the extremity above the level of the heart while continuing to apply direct pressure. This method will reduce the flow of blood to the extremity and assist in stopping the bleeding. Do not use this method if there is a fracture in the limb.

3. Tourniquet

It is a device for stopping the flow of blood through a vein or artery typically by compressing a limb with a cord or tight bandage.

This method is used only in cases of amputation. For using a tourniquet the following steps should be followed:

1. Determine the location of the tourniquet which should be between the heart and the affected area.

2. Place a wide tourniquet (4-5 cm) above the affected area , then in a circular motion wrap it around the injured area and tie the ends of the bandage around a small stick or something similar.
3. Secure the stick with an additional bandage.
4. Note the time of placing the tourniquet and ensure that it is not removed.