# First Aid/ D for Deadly Bleeding

## CPR without enough blood is useless, so a check for deadly bleeding should be included in your primary survey whenever possible.

## If your victim is breathing, then you should continue your primary assessment with a check for deadly bleeding.

## If your victim isn't breathing, then you'll be doing CPR; a bystander or second trained first aider may be able to perform this check while you continue resuscitation.

# Assessment

## With gloved hands check the victim's entire body for bleeding, starting with the head. Run your hands as far under the victim as possible on either sides, checking your gloves often. If your hands are bloody, then you've found bleeding. Make sure you check the head carefully; if you find an injury on the head or neck, it may indicate a spinal injury, in which case, the spine should be immobilized. As well, hair conceals blood surprisingly well - make sure you check the scalp thoroughly.

# Treatment

## The key element in treating severe bleeding is the application of firm, direct pressure to the wound, using sterile gauze or other dressing. The wound may be elevated above the heart to reduce blood pressure, though this should not be done if there is a risk of disturbing fractures, or if it causes much pain to the victim.

## Consider using pressure points to control major bleeding: press down on an artery that is between the heart and the wound to keep blood from flowing to the wound. Tourniquets may also be useful in controlling massive bleeding; this is not a standard procedure and should only be used as a last resort when the victim will die without it.