



Controlling External Bleeding

Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
			✓	✓	✓	✓

Steps

Ensure you are always wearing proper PPE before performing the skill.

1. Place the patient in a seated or recumbent position.
2. Apply firm, direct pressure to the wound with a gloved hand.
3. While maintaining direct pressure, apply a sterile dressing and bandage it in place.
4. Assess circulation distal to the injury, after applying a bandage. If circulation is impaired, you may have to loosen the bandage.
5. Reassess the wound. If direct pressure does not control the bleeding, consider using a tourniquet, if the wound is on a limb.

Organizational/local protocol for _____ :

Skill Notes

- Use clean, sterile dressings.
- Use a gloved hand to apply direct pressure, or if the patient is responsive, he or she may be able to maintain direct pressure on the dressing while you apply the bandage.
- Although exposing a wound can help to assess the degree of bleeding, do not delay applying direct pressure. If possible, expose the wound while applying direct pressure.
- If blood soaks through the bandage, apply additional dressings and bandages. Do not remove any blood-soaked dressings or bandages.