Skill Sheet 6-1

Using Direct Pressure to Control External Bleeding

1. Cover the wound with a sterile gauze pad and apply direct pressure until the bleeding stops.
   - If blood soaks through the first gauze pad, put another one on top and apply additional direct pressure (press harder than you did before, if possible). It may take several minutes for the bleeding to stop.

2. When the bleeding stops, check for circulation (feeling, warmth and color) beyond the injury.

3. Apply a roller bandage. Wrap the bandage around the wound several times to hold the gauze pad(s) in place.
   - Tie or tape the bandage to secure it.
   - Check for circulation (feeling, warmth and color) beyond the injury. If there is a change in feeling, warmth or color (indicating that the bandage is too tight), gently loosen it.

4. Remove your gloves and wash your hands.

Note: If the bleeding does not stop with the application of direct pressure, call 9-1-1 or the designated emergency number if you have not already, and give care for shock if necessary.