

Module 7

Bleeding



Learning Outcomes

Pupils will:

- understand the difference between a minor cut and serious bleeding;
- learn what to do to help someone who is bleeding severely; and
- practise what to do when dealing with severe bleeding.

Resources

- **Video:** Kyle's Day or The Garage
- **Skills Card 7: What should I do if someone is bleeding?**
- **Activity Card 7a: Types of wounds**
- **Activity Card 7b: Types of bleeding**
- **Presentation: Bleeding**

Teaching Notes

Explain to the class:

- the difference between a minor cut and serious bleeding;
- that losing too much blood can endanger life;
- that they may need to lift or tear clothing to expose the wound;
- that they should not remove anything from a wound as that may cause more bleeding;
- that applying pressure to a cut can reduce blood flow; and
- that minor cases of bleeding and those that are more serious require different treatments.

Minor Bleeding

In a case of minor bleeding the aim is to prevent infection. You should:

- put on disposable gloves (if available);
- wash the wound under running water and dry it; and
- put on a dressing, if necessary.

Severe Bleeding

In a case of severe bleeding the aims are to prevent infection and control the bleeding. You should:

- **Protect:** put on disposable gloves.
- **Position:** lay or sit the casualty down.
- **Expose** the wound i.e remove any clothing that may be covering the wound.
- **Examine** the wound for any embedded objects. If present, do NOT remove.
- If the wound is on a limb, elevate the limb. DO NOT USE A TOURNIQUET. If the wound is on the head or torso, bring the edges together to stem the bleeding.
- **Pressure** – apply direct pressure over the wound using a pad or bandage. If no pad or bandage is available, use a piece of clothing, towel or other clean, absorbent fabric.
- Dial 999 or 112 for help.
- Reassure and continue to observe the casualty.
- If bleeding continues, place another dressing on top of the first one applying further direct pressure and, if possible, elevate more.

Module 7 - Bleeding

- **Do NOT** apply direct pressure to:
 - a head wound;
 - an abdominal wound; or
 - a wound containing an embedded object.
- Instead apply pressure to the wound edges.
- Do not give the casualty anything to eat or drink.
- Cover the casualty's body to keep them warm – people losing blood can get very cold arms, legs, hands and feet.
- Use disposable gloves, if available.
- Make sure you wash your hands with warm water and soap afterwards.
- Use a clean cloth. If a clean cloth is unavailable, ask the casualty to press down on the wound or squeeze it shut with their hand.



Extension Ideas and Cross-Curricular Links

- **Learning for Life and Work (Personal Development)**
 - Research and identify different types of wound: cut, laceration, abrasion, contusion, puncture and penetrating. The group can discuss what they think each of the wounds are, the causes and severity.
 - What are the different types of bleeding? internal, external, arterial, venous and capillary.
 - Develop preventative strategies in relation to accidents in the home, school and on the road.
 - Discuss the potential hazards and risks around the classroom, school or home environments and how to reduce them.
 - Develop an awareness of emergency first aid procedures.

