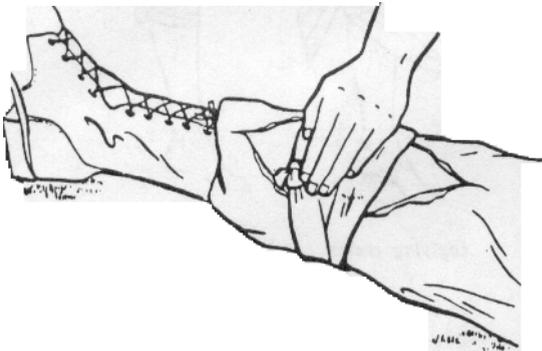


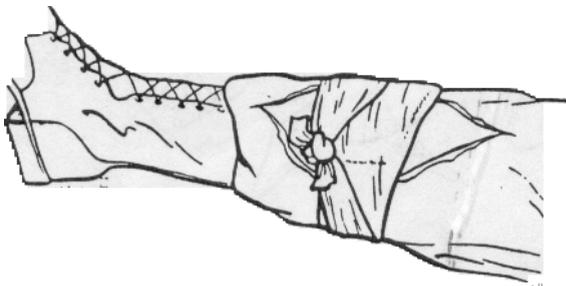
# FAST FIRST AID SKILL SHEET #5

## STOP BLEEDING TREAT FOR SHOCK

USE DIRECT PRESSURE FIRST, THEN ELEVATION, THEN INDIRECT PRESSURE ON THE PULSE POINT ABOVE THE INJURY

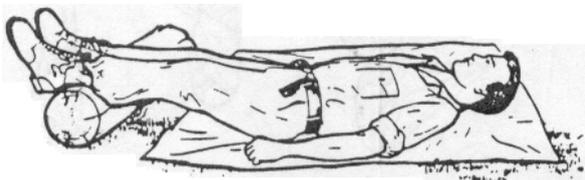


Direct manual pressure.

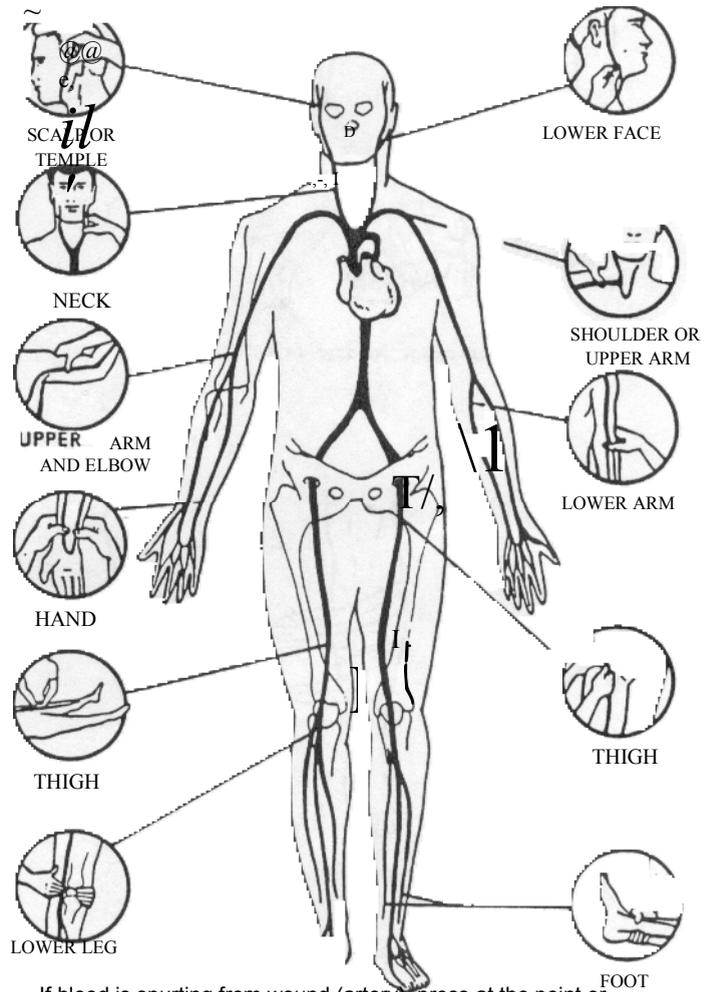


Tails tied into a knot

FOR SHOCK: Lie patient down, raise feet, keep warm, don't give anything by mouth



Loosen clothing and elevate feet



If blood is spurting from wound (artery), press at the point or site where main artery supplying the wounded area ties near skin surface or over bone as shown. This Pressure shuts off or slows down the flow of blood from the heart to the wound until a pressure dressing can be unwrapped and applied. You will know you have located the artery when you feel a pulse.

Digital Pressure (pressure with fingers, thumbs, or hands)



Place cover over and under casualty.