

# FIRST AID FOR TEACHERS: BLEEDING



Students can often get cuts and grazes at school, especially whilst engaging in arts and crafts, sports or playtime. **Light bleeding** can be effectively dealt with using the first aid kit, however if there is **severe bleeding** you should follow the steps below.



## Protect

Apply some gloves if available



## Direct pressure

Apply direct pressure to the wound with either a pad or your fingers



## Object

If there is an object in the wound apply pressure on either side of the object



## Bandage

Apply a bandage firmly to the wound to control bleeding

## RAISE

Raise the affected area to reduce the flow of blood



Call 999 for emergency help

