

Life-Threatening Bleeding: Direct Pressure

1. Recognize signs and symptoms of life-threatening bleeding. ▪ Volume of blood equals about half a soda can. ▪ Continuous or spurting blood flow.	
2. Call 9-1-1. ▪ Or, tell someone to call and get an AED and first aid kit (if available). NOTE: This is a Care First situation. Do not delay care to look for a phone.	
3. Put on gloves. NOTE: Do not delay care until you can find gloves.	
4. Cover the wound with a dressing such as a gauze pad or clean cloth.	
5. Apply steady, firm pressure directly over the wound.	

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(Continued)

6. Continue applying direct pressure until:

- The bleeding stops.
- A tourniquet is applied.
- Other responders arrive to relieve you.
- You are too exhausted to continue.
- The situation becomes unsafe.



7. If the bleeding stops, secure with a roller bandage.



8. If the bleeding starts again, reapply pressure without removing the roller bandage.



9. Monitor for shock and give care as needed.



10. Wash your hands after giving care.

