# Bleeding Control

PROCEDURE

## STEPS

1. Direct pressure first: hand or fingers on the wound, victim on a firm surface — effective most of the time
2. Do not release pressure to check the wound
3. Junctional areas: apply direct pressure with hand, gauze, knee, or rag until supplies arrive
4. Pack the wound: fingers inside the wound to find and stop the bleeding; pack QuikClot in until no more fits — then pack in some more
5. Hold direct pressure for 3 minutes, then apply a pressure bandage on top
6. Extremity wounds: apply a tourniquet — loop the band, pull tight, fasten it back on itself
7. Twist the windlass until bright red bleeding and/or distal pulses stop; lock the rod in the windlass clip and secure it
8. SWAT-T alternative: stretch until the indicators change shape (ovals become circles, diamonds become squares); wrap flat with even pressure and tuck the tail

## BEFORE YOU START

- Types of bleeding: capillary, venous, arterial
- Minor bleeding: bleeding that is easily controlled
- Major bleeding: potentially life-threatening and not easily controlled

## KIT YOU NEED

- Commercial tourniquet with windlass; SWAT-T
- QuikClot packing; gauze; pressure dressing/bandage
- Improvised tourniquet only when a commercial one is not available — more likely to fail

## IF IT GOES WRONG

- Do not apply tourniquets over clothing or joints
- Do not delay tourniquet placement for hemodynamic compromise
- Pressure dressings: apply securely the first time, most pressure over the wound, do not loosen
- Damage to the limb from tourniquet application is unlikely

**Take Home Message:**

Direct pressure first; pack junctional wounds and hold three minutes; tourniquet extremity bleeding until bright red bleeding and distal pulses stop.