

Be Prepared...

You can save a life **SEVERE BLEED KIT**

- 6" Emergency trauma bandage
- 4" Emergency trauma bandage
- Woundclot Z-fold bandage 8x100cm
- Nitrile gloves (1 medium, 1 large)
- Tourni-KEY
- Triangular bandage 90x90x127cm
- Glasses
- Scissors
- Whistle



DEFIBRILLATOR



Call **999** for ambulance

Remember 'DRS ABC'

Check for danger

Check for a response

Shout for help

Tilt head back and check airways

Is the patient breathing normally?

Provide (CPR) chest compressions

Open defibrillator

Follow defib voice instructions

Follow 999 operator instructions

www.sadsuk.org

SADS UK Help Save Lives

SEVERE BLEED KIT



MAJOR BLEEDING

Danger, check you are safe, then dial 999.

Severe Bleeding Kit

Read instruction card in bleed kit.

Don't remove embedded object, knife/similar, from the wound.

Position gauze over wound, apply pressure to stop bleeding.

Lay patient down, reassure them and elevate wound.

Maintain pressure and use additional bandage if necessary to stop bleeding until ambulance arrives.



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Be Prepared...

This guide will give you three first-aid skills that could save someone's life right now!

1

RECOVERY POSITION

Put someone in the recovery position only if they are not responding to you, and they are breathing normally.

1. Place the nearest arm at right angles



2. Put the back of other hand next to the cheek closest to you and hold it there



3. Then bend the far knee, grasp the leg and roll them onto their side



4. Open the airway



5. Call 999



2

STOPPING SIMPLE BLEEDS

- Stop all bleeding
- If no dressing available, it is OK to improvise

Superficial – cover and press firmly on the wound

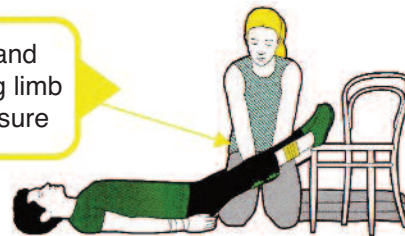


Deep – pack and press into wound



Where the wound is deep, use the z-fold bandage. Use two fingers in the fold and push deeply into the wound, move to each fold repeating this until the wound is full. Keep pressure on the wound with trauma bandage. When wound is in the stomach wall only apply bandage to outside of the wound.

If possible, elevate and support the bleeding limb whilst applying pressure



Remember to call 999

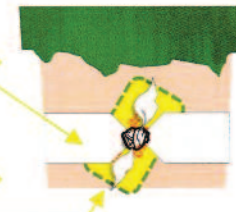


3

STOP SEVERE LIMB BLEEDS

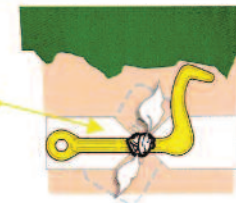
- Apply a tourniquet to all amputated / mangled limbs or when packing and pressing does not stop limb bleeding

1. **WRAP** the triangular bandage (or strip of cloth) around the injured limb and cross over the ends

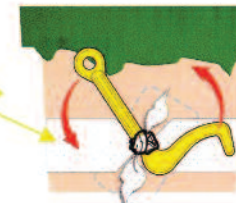


Slip the anti-pinch card underneath, pull the ends tight to hold in place

2. **TIE** in the Tourni-key using a knot to secure



3. **TWIST** the Tourni-key until the bleeding has stopped – this may hurt the casualty



4. **HOOK** under the triangular bandage to **LOCK** it in place

