Firstaidpro

First Aid Guide for Non-Life-Threatening Bleeding

BLEEDING?

DON'T PANIC.
ACT FAST.
FOLLOW THESE STEPS.

BEFORE YOU START: Protect yourself first. Put on gloves if you have them.
If not — use a plastic bag, extra clothing, or ask the person to hold their own wound.

1 FOLLOW DRSABCD

Check for **D**anger → **R**esponse → **S**end for help → **A**irway → **B**reathing → **C**PR → **D**efibrillation. Is the person conscious and breathing normally?

Yes → Move to Step 2.
No → Call **000** immediately. Start CPR.

2 FIND THE BLEED

Look at the wound. Find exactly where the blood is coming from.

3 APPLY FIRM PRESSURE

Place a clean cloth, bandage, or pad directly on the wound. Push down hard and hold it there. Do not let go.

4 KEEP THE PRESSURE ON

Hold firm pressure for at least 10 minutes. Set a timer. Do not peek.
Do not lift the pad.

5 BLEEDING SOAKING THROUGH?

Do NOT remove the first pad. Place a second pad on top of the first.
Press harder. Hold firm.

6 EMBEDDED OBJECT IN THE WOUND?

Do NOT pull it out. It is slowing the bleed. Press firmly around the object — not on it.
Bandage around both sides to keep it stable.

7 WHEN TO CALL 000

Call an ambulance if:

- Bleeding won't stop after 10–20 minutes
- The wound is deep, wide, or gaping
- You can see muscle or bone
- The person feels dizzy, faint, or confused

8 WHILE YOU WAIT

- Keep the person still and calm
- Have them sit or lie down
- Talk to them. Keep them focused.
- Keep applying pressure until help arrives.

IMPORTANT REMINDER:

Do NOT raise the limb to "stop the blood." There is no evidence this helps. It can cause more pain and make things worse. **Just press. Hard. And hold.** (ANZCOR Guideline 9.1.1)

Based on ANZCOR Guideline 9.1.1 — First Aid for Management of Bleeding anzcor.org | Guidelines current as of 2024. Always verify for latest updates.

Emergency: 000 (AU) | 111 (NZ)

This poster is a memory aid only. It does not replace accredited first aid training. Ensure your first aid certificate is current. Guidelines may change — always refer to the latest ANZCOR guidance at anzcor.org.