



First Aid for Severe Trauma

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American Red Cross
Training Services



Applying Direct Pressure

STEP 1 Place a **DRESSING** on the wound.

Use a hemostatic dressing if you have one. Otherwise use a gauze pad or other available material.

Ensure good contact with the bleeding surfaces of the wound.



STEP 2 Apply **STEADY, FIRM PRESSURE** directly over the wound.

Put one hand on top of the dressing and put your other hand on top.

Position your shoulders over your hands and lock your elbows.

Push down as hard as you can.



STEP 3 Keep applying pressure until the **BLEEDING STOPS** or a **TOURNIQUET IS APPLIED** (for life-threatening bleeding from an arm or a leg).

Using a Windlass Rod Tourniquet

Tourniquets may have slightly different designs. Follow the manufacturer's instructions for applying the tourniquet that you have.

STEP 1

Place the tourniquet at least **2 TO 3 INCHES ABOVE THE WOUND**, between the wound and the heart.



STEP 2

BUCKLE the tourniquet by attaching the buckle or passing the end of the strap through the buckle.



STEP 3

PULL the free end of the strap until the tourniquet is as tight as possible around the arm or leg.



STEP 4

TWIST the rod until the bleeding stops or until you cannot twist it anymore.



STEP 5

CLIP the rod in place to prevent the rod from untwisting and to keep the tourniquet tight.



Once you have applied a tourniquet, do not loosen or remove it.

Using a Ratcheting Tourniquet

Tourniquets may have slightly different designs. Follow the manufacturer's instructions for applying the tourniquet that you have.

STEP 1

Place the tourniquet at least **2 TO 3 INCHES ABOVE THE WOUND**, between the wound and the heart.



STEP 2

While holding the loop, **PULL** tightly on the strap until the tourniquet is as tight as possible around the arm or leg.



STEP 3

LIFT up on the ratchet until the bleeding stops or until you cannot lift it up anymore.

Once you have applied a tourniquet, do not loosen or remove it.

