

Save a life

What everyone should know
to stop bleeding after an injury



Ensure your safety.



Look for **life-threatening bleeding**.



Is a **trauma first-aid kit** available?



No



Yes

- ▼ Use any **clean cloth**.
- ▼ Apply steady **direct pressure** directly on the wound.

Where is the wound?

Arm
Leg



Neck
Shoulder
Groin

Is a **tourniquet** available?

Yes

No

- ▼ Apply **above the bleeding site**.
- ▼ **Tighten** until the bleeding stops.

- ▼ **Pack the wound** with bleeding control (hemostatic) gauze (preferred), any gauze, or clean cloth.
- ▼ Apply steady **direct pressure**.



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