

## WHAT IS FIRST AID?

First aid is the help given to someone who is injured or ill to keep them safe and to cause no further harm. The role of a first aider is to give someone this help.

## THE FIRST AIMS OF FIRST AID ARE:

- Preserve life
- Prevent illness or injury from becoming worse
- Relieve pain, if possible
- Promote recovery
- Protect the unconscious

All information provided is from St John Ambulance in partnership with Sir Brian Bell Foundation Papua New Guinea

# BLEEDING AND SHOCK

## SIGNS AND SYMPTOMS

- Open wound
- Redness and swelling
- Pain
- Bleeding

## MANAGEMENT

- **DRSABC**

## WHAT YOU SHOULD DO: MINOR BLEEDING

1. Put on gloves.
2. Apply firm pressure over the bleeding wound using a folded cloth or the patient's t-shirt if you have no sterile pad (see Image A).
3. Raise the affected limb above heart.
4. If blood soaks through the cloth, leave the cloth in position. Do not remove the cloth. Instead, apply another cloth over the top and push firmly on the wound until the ambulance or medical help arrives.
5. Once bleeding is controlled - for continued care of the wound, see page 27 - Wound care with banana leaf dressing. Or if you have access to sterile cloth, bandage and equipment use these.
6. Call for an ambulance on 111 or get urgent medical help if the patient is bleeding severely.

## WHAT YOU SHOULD DO: SEVERE BLEEDING

1. Firmly tie a long piece of cloth or tourniquet around the upper part of the limb until bleeding stops.

## RECOGNISING SHOCK AND WHAT YOU NEED TO DO:

1. If the patient becomes sweaty, pale or dizzy, help the patient to lie down. DO NOT raise their legs.

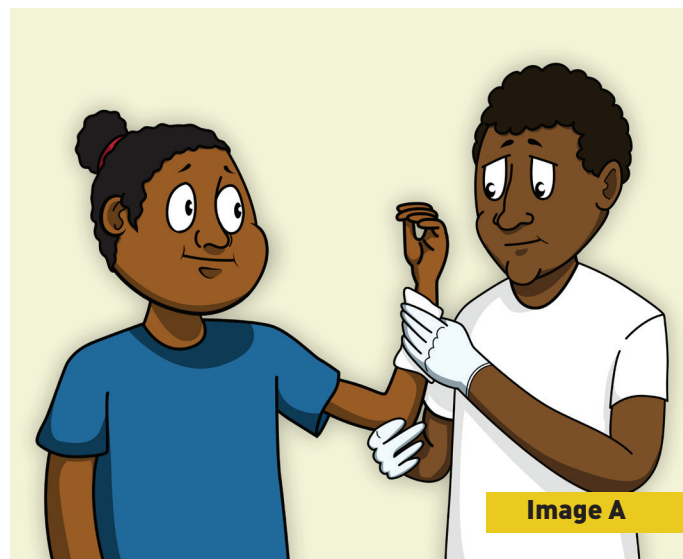


Image A

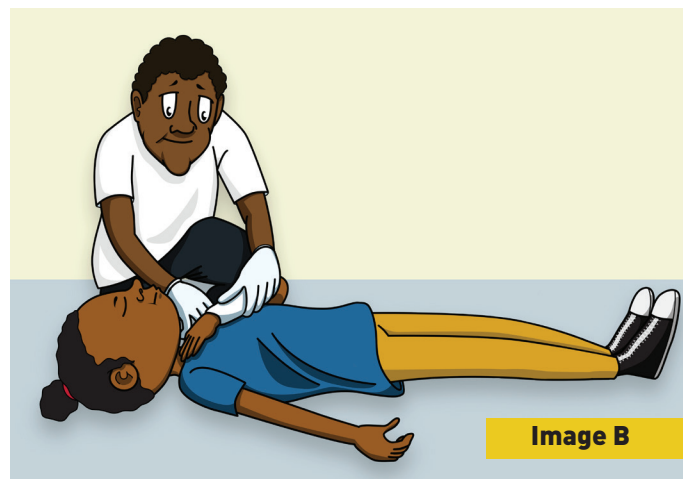


Image B

## IMPORTANT NOTE:

**If the bleeding can not be controlled, consider applying a tourniquet. Only apply a tourniquet if bleeding can not be controlled by direct pressure, the equipment is available, and the First Aider is trained in the use of this equipment.**