

CONTROL BLEEDING

1. Make sure it is safe for you to assist the victim.
2. Protect yourself with medical gloves if possible
3. Apply a dressing on the on the wound and press firmly against the wound with your hand.
4. Elevate the wound above the heart if possible
5. Apply a pressure dressing to the wound with a roller bandage.

If bleeding doesn't stop:

1. Apply additional dressing
2. Squeeze artery against bone by using pressure points

SPLINTS

1. Splint the victim only if you have to move or transport the victim
2. Splint only if you can without causing more pain & discomfort
3. Splint an injury in the position you find it.
4. Support the injured area above & below the site of the injury.
5. Check for feeling warmth and color.
6. Use either an anatomic splint or soft splint or hard splint
7. Recheck for feeling warmth & color