

STOP SEVERE LIMB BLEEDS

- Apply a tourniquet to all amputated / mangled limbs or when packing and pressing **does not stop** limb bleeding

WRAP the tourniquet around the exposed limb e.g., cut clothing off. Place just above the bleeding site.



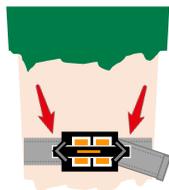
PULL the strap tight. Warning - these next steps may hurt, but it is more important to stop bleeding.



TWIST the windlass until the bleeding stops or is significantly reduced.



SECURE the windlass with the clips. Write down the time the tourniquet was applied.



Remember, it is OK to improvise if you have no equipment



St John Ambulance



citizen AID



Public Access Trauma Kit

With a **PACT Kit**, this guide will give you 3 first-aid skills that could save someone's life right now!

1

THE RECOVERY POSITION

2

STOP SIMPLE BLEEDING

3

STOP SEVERE LIMB BLEEDING

You can save a life

Commercial Tourniquet



NATIONAL COUNTER TERRORISM SECURITY OFFICE



COUNTER TERRORISM POLICING

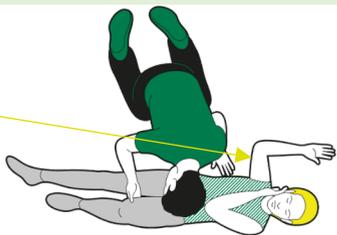
Skill

1

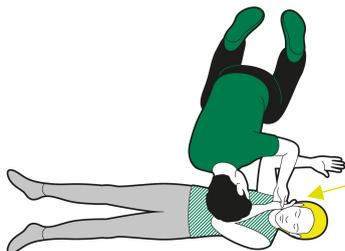
RECOVERY POSITION

- Put someone in the recovery position only if they are not responding to you, and they are breathing normally

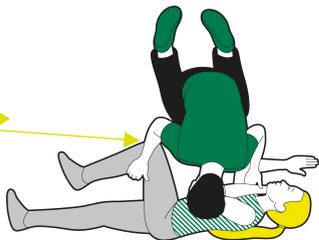
1. Place the nearest arm at right angles



2. Put the back of other hand next to the cheek closest to you and hold it there



3. Then bend the far knee, grasp the leg and roll them onto their side



4. Open the airway



5. Call 999



Skill

2

STOPPING SIMPLE BLEEDS

- Stop all bleeding
- If no dressing available, it is OK to improvise

Mangled limbs or amputations - turn page (Skill 3)



Superficial - cover and press firmly on the wound



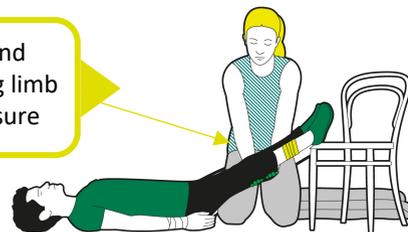
Deep - pack and press into wound



Packing - use equipment, but it is OK to improvise to create wound packing

- | | | |
|------------|----------------------|--------|
| ➤ Gauze | ➤ Triangular bandage | ➤ Sock |
| ➤ Dressing | ➤ T-shirt | ➤ Tie |

If possible, elevate and support the bleeding limb whilst applying pressure



Remember to call 999



If pack & press is not working – turn page (Skill 3)

