

## Skills Summaries

### Controlling External Bleeding



- 1** Expose, examine, and apply direct pressure to wound, or appropriately control bleeding if object is impaled.



- 2** Apply pressure bandage if bleeding continues.



- 3** If bleeding continues, assess distal circulation, then apply tourniquet 5 to 10 cm (2 to 4 in.) above injury.



- 4** Bandage wound securely.
- 5** Reassess distal circulation; after 10 minutes, slowly remove tourniquet if there has been a significant reduction in bleeding.
- 6** Maintain aseptic technique throughout procedure.
- 7** Document application of tourniquet, including the times it was applied, tightened, and released.