**STEPS TO CONTROL BLEEDING**

**STEP 1:** Find the source(s) of bleeding.

**STEP 2:** If you have something to put in between the blood and your hands, use it. (Examples: gloves, a cloth, a plastic bag, etc.)

**STEP 3:** Apply firm, steady pressure directly on the source of the bleeding. Push hard to stop or slow bleeding – even if it is painful to the injured!

**STEP 4:** Keep pressure until EMS arrives.