

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.