

BLEED KIT - HOW TO CONTROL A BLEED

1. Know where your kit is stored

Keep your kit in an accessible place. You don't have long to deal with a catastrophic bleed - so act fast and use materials to hand if needed whilst the kit is located.

TIP: Your bleed kit may be stored in a Bleed Cabinet, located in various locations across Cleveland. Scan the QR code to find your local Bleed Cabinet.



2. Assess the scene and shout for help

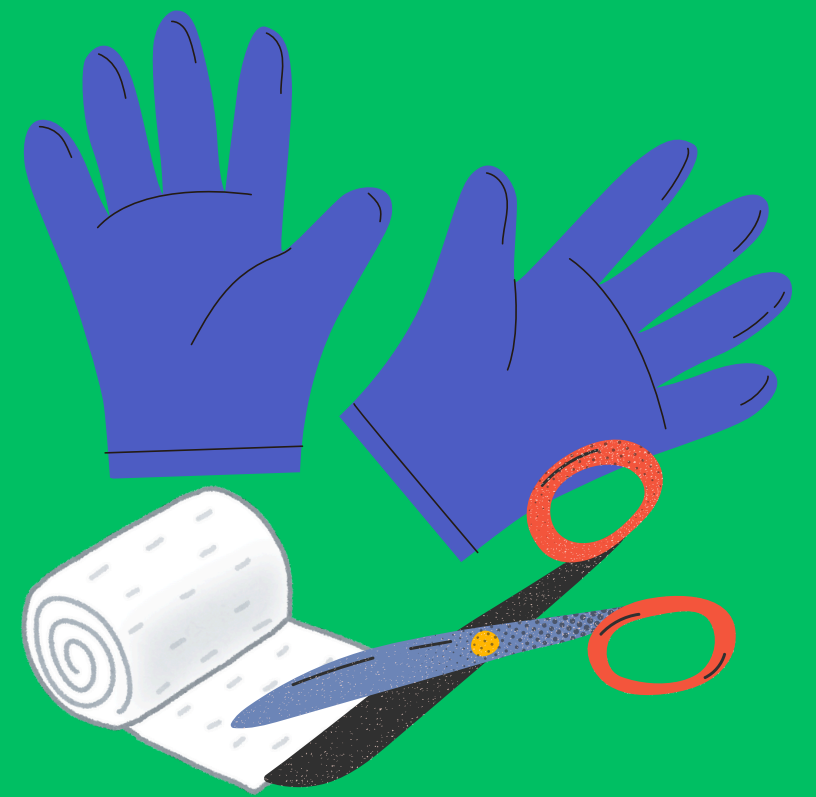
Make sure the area is safe before helping.

Call **999** immediately and ask for assistance from a passerby if possible. If you don't have a kit to hand, ask someone to retrieve it for you.



3. Bleed control

Put the **Nitrile Gloves** on to prevent cross contamination. Do **NOT** remove any object stuck in the wound. Apply direct pressure to the wound using **Celox Gauze**, using the **Emergency Shears** to cut if necessary. Following the gauze, you can apply the **Large Trauma Dressing** to cover a packed wound and provide focused pressure.



If the wound is severe and on a **groin, armpit, neck, or torso**, the wound must be packed by stuffing the entire gauze directly and firmly into the wound until it is completely filled. Then apply the dressing to keep pressure applied.

TIP: If you don't have the kit to hand and the bleed is severe, use whatever material you have to make a 'street bandage' until the kit arrives. This could be socks, t-shirt, a tie, a scarf etc.

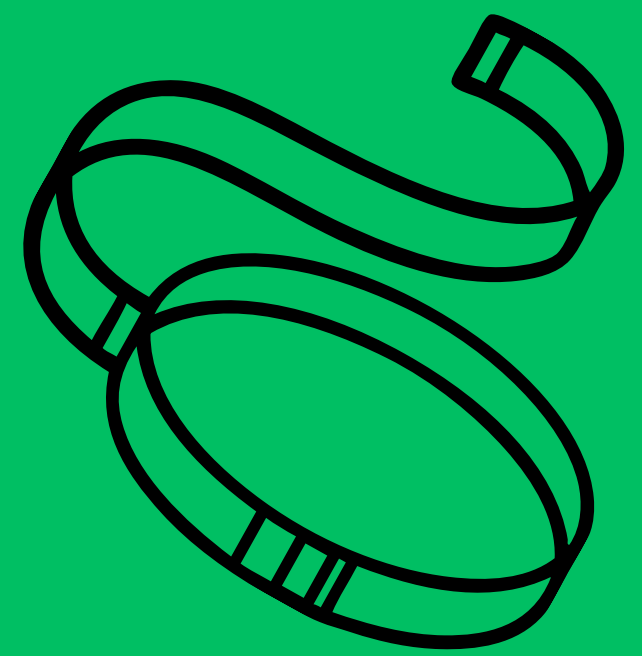


4. Tourniquet

If heavy bleeding persists and the wound is on a limb (legs & arms **ONLY**) use a **Code Red Tourniquet** found in the kit to stop the flow of blood.

Apply the tourniquet **2-3 inches** above the wound (never over a joint), tighten the main strap, then twist the small rod until the bleeding stops.

Lock the rod in place and note the time using your marker pen.



TIP: If you don't have the kit to hand and the bleed is severe, use whatever material you have to make a **DIY tourniquet** until the kit arrives. Use socks, a scarf or any material thin enough to tie but thick enough not to cut the skin. Use a pen, strong stick, lipgloss, spoon as a rod to twist the tourniquet and hold in place.

5. Chest wounds



If the wound is in the chest, a **Vented Chest Seal** can be applied to prevent the lungs collapsing.

Clean and dry the skin around the wound as best you can then apply the seal directly over the wound. The seal will prevent air from getting in through the wound and allow any trapped air or blood to be exhaled.

6. Monitor the situation

A severe bleed can lead to shock. Use the **Foil Blanket** to help the person regulate their body temperature.

Should the person stop breathing, the **CPR Face Shield** provides a barrier to protect you while performing rescue breaths during CPR.

The **Serial Number Card** allows you to make note of any information necessary for the paramedics, e.g. tourniquet application time.

