External Bleeding

Blood is carried around your body in different vessels. If those in your skin are cut, we need to close and cover the bleed to stop the blood coming out of the body, where it is needed.

1. Your friend has cut their arm quite badly. Circle the items in the first aid kit list that you could use to treat this injury.

gloves	tweezers	burn cream	eye pads	bandage	dressing	ear plugs

2. For each item you selected, write the reason you chose it and how it will help in treating the injury.

- _____
- _____
- _____

3. Draw how you would position the arm once you have bandaged it. Write reasons for your choice.



4. Grandma has a blood nose. Grandad hasn't done first aid training and is giving her the wrong advice. Circle the mistakes in his advice and write the correct treatment

'Ok dear, now blow your nose to get the blood out. Keep breathing through your nose, that's it, get it all out. Now hold the hard part of your nose and lie down on your back. If there's any blood in your mouth, just swallow it. That's the way.'

