



GOALS

This safety session should teach employees to:

- React quickly in a medical emergency.
- Apply first-aid techniques for bleeding.

Applicable Regulations: 29 CFR 1910.151



1. Act quickly when someone is bleeding.

A serious cut or injury can result in major blood loss.

- Adults have about five to six quarts of blood in the body. Most people can lose a little blood and be fine. But the loss of one quart or more can result in shock and even death.
- So it's critical to stop blood loss as soon as possible. Timing might spell the difference between life and death.
 - Call for trained medical help immediately. Call 911 or another emergency number specified by the company.
 - Remain calm and reassure the injured person that help is on the way.
 - Practice universal precautions. Whenever possible, quickly put on protective gloves to protect yourself against bloodborne pathogens, such as human immunodeficiency virus (HIV), acquired immunodeficiency syndrome (AIDS), and hepatitis B (HBV).

2. Control external bleeding.

There are three ways to control external bleeding:

- Direct pressure
 - Place clean gauze pads or cloths on the wound, and apply direct pressure with the palm of your hand.
 - Hold the dressings in place until the blood clots and the bleeding stops.
 - Do not remove the dressings because you might restart the bleeding.
 - If the dressings become blood-soaked, add more dressings and apply pressure until the bleeding stops.
 - Bandage the dressings in place.
- Elevation
 - Use elevation in combination with direct pressure.
 - If the wound is on an arm or leg, raise the injured limb above the heart to reduce blood flow.
 - If possible, place the limb on a stable support.
- Pressure points
 - If bleeding is severe and doesn't stop, apply direct pressure to the body's pressure points.
 - For arm wounds, firmly squeeze the artery inside the upper arm between the shoulder and the elbow.
 - For leg wounds, apply pressure to the artery in the crease of the groin.



3. Leave embedded objects alone.

If a nail or other object is embedded in a wound:

- Do not remove the embedded object. Doing so could cause internal damage and increase the bleeding.
- Secure the object with clean, sterile dressings so that it doesn't move.
- Apply pressure near the wound, if necessary, to control bleeding.

4. Respond rapidly to amputations.

If the victim has an amputated limb:

- Wrap the limb in sterile cloth or gauze, and place in a waterproof container.
- Then lay the container on a bed of ice.
- Rush it to the hospital with the injured victim.

5. Automatically treat for shock.

- Assume that people who are seriously injured will go into shock—whether they have internal or external bleeding.
- Shock occurs when there is not enough blood circulating in the body.
- Shock can be life threatening, so you must act quickly.
- The symptoms of shock include:
 - Restlessness
 - Decreased consciousness
 - Weak, rapid pulse
 - Pale skin
 - Profuse sweating
 - Difficulty breathing
 - Vomiting
- To treat for shock:
 - Lay the injured victim on his or her back.
 - Cover the victim with a light blanket to conserve body heat.
 - Raise the person's feet above his or her heart level.
 - Check regularly to make sure the shock victim is breathing.
 - Don't give the victim anything to eat or drink because it might cause vomiting.



DISCUSSION POINTS:

Review what to do to control external bleeding, especially how to apply direct pressure to a wound. This is the most effective method for controlling bleeding.



CONCLUSION:

- Act fast to control bleeding.
- By knowing what to do in advance, you can respond calmly and quickly to a bleeding emergency. And the minutes you save could mean the difference between life and death.



TEST YOUR KNOWLEDGE:

Have your employees take the First Aid for Bleeding quiz. By testing their knowledge, you can assess their ability to respond quickly and correctly to an injury involving blood and determine whether they need to review this important topic again soon.



Stem the Flow of Blood

Act fast to stop bleeding:

- Call for trained medical help immediately.
 - Call 911 or another emergency number designated by the company.
- Remain calm and reassure the injured person that help is on the way.
- Quickly put on protective gloves to protect yourself against bloodborne pathogens.

Respond rapidly to amputations:

- Place the limb in a plastic bag with ice.
- Wrap the limb so that it doesn't directly touch the ice.
- Rush it to the hospital with the injured employee.

Automatically treat for shock:

- Lay the injured employee on his or her back.
- Lightly cover the victim with a blanket to conserve body heat.
- Raise the person's feet above heart level.
- Check regularly to make sure the shock victim is breathing.

Control external bleeding:

1. Direct pressure

- Place a clean gauze pad or cloth on the wound and apply direct pressure with the palm of your hand.
- Hold in place until the blood clots and the bleeding stops.
- Do not remove the dressings because you might restart the bleeding.
- If dressings become blood-soaked, add more dressings and apply pressure until the bleeding stops.
- Bandage the dressings in place.

2. Elevation

- Use elevation in combination with direct pressure.
- If the wound is on an arm or leg, raise the injured limb above the heart to reduce blood flow.
- If possible, place the limb on a stable support.

3. Pressure points

- If bleeding is severe and doesn't stop, apply direct pressure to the body's pressure points.
- For arm wounds, firmly squeeze the artery inside the upper arm between the shoulder and the elbow.
- For leg wounds, apply pressure to the artery in the crease of the groin.



CUESTIONARIO SOBRE PRIMEROS AUXILIOS POR HEMORRAGIAS

- Lo primero que debe hacer si ve que alguien presenta una hemorragia es llamar al 911 o a otro número de asistencia médica.**
 - Verdadero
 - Falso
- Antes de aplicar los primeros auxilios, sería prudente que:**
 - Realice un inventario de los artículos que contiene el botiquín de primeros auxilios.
 - Busque una bata de laboratorio.
 - Se coloque guantes protectores.
- Si se incrusta un clavo en una herida, debe sacarlo de inmediato.**
 - Verdadero
 - Falso
- Solo se debe tratar un shock si la víctima presenta síntomas de shock.**
 - Verdadero
 - Falso
- Uno de los síntomas de shock es:**
 - Pulso rápido y débil
 - Dolor de cabeza
 - Dolor de muelas
- En caso que un empleado pierda una extremidad en un accidente, esta debe ser conservada y colocada dentro de una bolsa de plástico con hielo.**
 - Verdadero
 - Falso
- Cuando aplique presión directa para detener una hemorragia, usted debe:**
 - Cubrir la herida con un paño limpio o gasa, y aplicar presión con la palma de su mano directamente sobre el área en que se encuentra la herida.
 - Mantener los vendajes en el área de la herida hasta que deje de sangrar, luego fijarlos con cinta adhesiva.
 - Ambas opciones, a y b.
- Los puntos de presión se deben aplicar solo cuando el sangrado es muy severo y no se puede detener con presión directa y elevación.**
 - Verdadero
 - Falso
- Está bien quitar los vendajes ensangrentados y reemplazarlos con vendajes limpios.**
 - Verdadero
 - Falso
- Para tratar a alguien con shock, usted debería:**
 - Cubrirlo con una manta.
 - Darle un vaso con agua.
 - Ofrecerle asiento.

Una vez que haya terminado el examen, entrégueselo a su supervisor.

Nombre: _____

Fecha: _____



RESPUESTAS AL CUESTIONARIO DE PRIMEROS AUXILIOS POR HEMORRAGIAS

1. a. Verdadero. Debe solicitar asistencia médica antes de empezar con los primeros auxilios. De esta manera, la ayuda médica profesional estará en camino mientras usted cuida a la víctima de hemorragia.
2. c. En lo posible, debe colocarse los guantes para protegerse de los patógenos presentes en sangre.
3. b. Falso. Debe dejar los elementos incrustados dado que si los saca, podría generar daño en el tejido y aumentar la hemorragia.
4. b. Falso. Cualquier persona que esté gravemente lesionada puede presentar síntomas de shock, siendo este una amenaza posible para la vida. Es por ello que es mejor tratar inmediatamente el shock.
5. a. Dado que el shock puede ocurrir si no hay mucha sangre circulando en el cuerpo, uno de los principales síntomas es un pulso débil y rápido.
6. a. Verdadero. Se debe colocar la extremidad amputada en una bolsa con hielo, y estar envuelta de modo que no toque directamente el hielo.
7. c. Ambas opciones, a y b.
8. a. Verdadero. Primero debe tratar de aplicar presión directa en el área de la herida y a la vez elevar la extremidad afectada.
9. b. Falso. No debe retirar los vendajes, ya sea que estén limpios o con sangre. Su remoción podría reabrir la herida y reiniciar el sangrado. En caso que necesite aplicar más vendajes limpios, solo colóquelos encima y fíjelos con cinta adhesiva.
10. a. Haga que la víctima se acueste y cúbrala con una manta. No le dé comida ni bebida ya que que podría causar vómitos.