

How to Control Bleeding?

Worksheet

Control bleeding by applying direct pressure with a clean cloth, elevating the limb above the heart, and using pressure points or a tourniquet if necessary. Avoid removing the cloth once it's soaked; add layers instead.

Questions

1. Person has a deep cut with heavy bleeding. First action?

- A) Run cold water over it
- B) Apply direct pressure with cloth
- C) Elevate immediately
- D) Call ambulance

2. Direct pressure with cloth for how long?

- A) 2-3 minutes
- B) 5-8 minutes
- C) 10-15 minutes
- D) 30 minutes

3. Cloth becomes soaked. What do you do?

- A) Remove it and reapply
- B) Add new layers on top
- C) Switch to a new cloth
- D) Pour water to flush

4. When is a tourniquet applied?

- A) For all bleeding
- B) Only for arterial bleeding uncontrolled by pressure
- C) For minor cuts
- D) After 2 minutes of pressure

5. A person has a deep cut on their forearm with steady bleeding. What is your first action?

6. Severe leg bleeding that won't stop with direct pressure. Next step?

7. Small cut on the hand with light bleeding. How do you handle it?

8. Define: First step in controlling bleeding?

9. Define: How long to apply direct pressure?

10. Define: What to do if the cloth becomes soaked?

Answer Key

1. B) Apply direct pressure with cloth — Direct pressure is the first step — use a clean cloth and press firmly.
2. C) 10–15 minutes — Apply pressure for at least 10–15 minutes to allow clotting.
3. B) Add new layers on top — Add layers on top to avoid disturbing clots; don't remove the original.
4. B) Only for arterial bleeding uncontrolled by pressure — Tourniquet is a last resort for severe arterial bleeding that won't stop.
5. Call emergency services if bleeding is severe (won't stop in 10 min). Apply direct pressure on the wound with a clean cloth or gauze. Keep pressing for at least 10–15 minutes without removing the cloth. If cloth becomes soaked, add layers on top (don't remove the original).
6. Keep direct pressure applied. Elevate the leg above the heart level if possible. Apply pressure to the groin or thigh pressure point (femoral artery). If still bleeding after 10 minutes, apply a tourniquet above the wound.
7. Wash the wound with clean water. Apply direct pressure with a clean cloth for 5–10 minutes. Once bleeding stops, clean and dress the wound. Monitor for signs of infection over the next days.
8. Apply direct pressure on the wound with a clean cloth.
9. At least 10–15 minutes without removing the cloth.
10. Add layers on top — do NOT remove the original cloth.

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