

Instructions

HOW TO STOP BLEEDING

A wound in the arm



A pressure bandage with a first aid bandage



A pressure bandage with an FRC pressure bandage



1. Press the wound.

2. Help the person sit or lie down.

3. Place a pressure bandage on the wound.

- Place the cushion or fold directly on the wound and bind the bandage firmly.
- Use a first aid bandage, pressure bandage, bandage roll, triangular bandage, a scarf or similar.