

Severe bleeding

ACTION CHECKLIST

Call emergency services and press firmly directly on the bleeding wound with a dressing or clean cloth. Maintain pressure. For life-threatening bleeding from an arm or leg, use a commercial tourniquet if trained; follow dispatcher instructions.

[] Protect and call

Check scene safety, use gloves if available and get emergency help.

[] Apply direct pressure

Press firmly over the wound and keep pressing until bleeding stops or appropriate help takes over.

[] Use trained techniques

Use a tourniquet or wound packing for the appropriate injury if trained, following the device and dispatcher instructions.

[] Monitor the person

Keep them from getting cold, check breathing and remain until responders arrive.

WATCH FOR

Do not pull an embedded object out; press around it and get help.

IF HELP IS UNAVAILABLE

Maintain firm pressure and have another person arrange the safest reachable medical care. A tourniquet, if indicated and used, must stay in place until a medical professional takes over; note its application time. Do not keep releasing pressure to check whether bleeding has stopped.

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/emergencies/severe-bleeding/>

Severe bleeding · official guidance