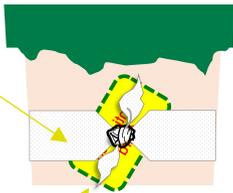


STOP SEVERE LIMB BLEEDS

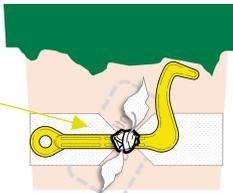
➤ Apply a tourniquet to all amputated / mangled limbs or when packing and pressing **does not stop** limb bleeding

1. WRAP the triangular bandage [or strip of cloth] around the injured limb and cross over the ends.

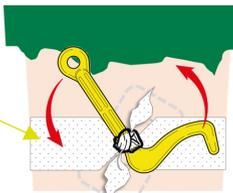


Slip the anti-pinch card underneath, pull the ends tight to hold in place.

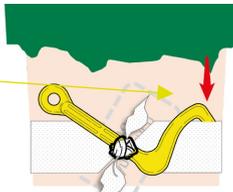
2. TIE in the Tourni-key using a knot to secure.



3. TWIST the Tourni-KEY until the bleeding has stopped – this may hurt the casualty.



4. HOOK under the triangular bandage to lock it in place.



St John
Ambulance



citizen
AID



Public Access Trauma Kit

With a **PAC Kit**, this guide will give you 3 first-aid skills that could save someone's life right now!

1

THE RECOVERY
POSITION

2

STOP SIMPLE
BLEEDING

3

STOP SEVERE
LIMB BLEEDING

You can save a life

Tourni-KEY
Edition



NATIONAL
COUNTER TERRORISM
SECURITY OFFICE



COUNTER
TERRORISM
POLICING

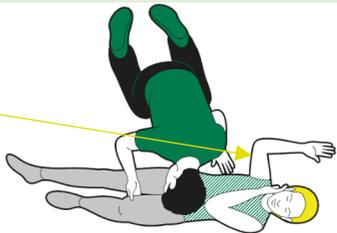
Skill

1

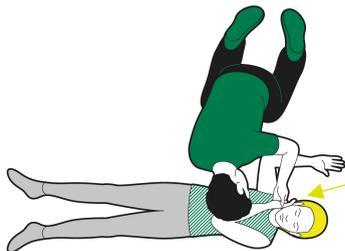
RECOVERY POSITION

- Put someone in the recovery position only if they are not responding to you, and they are breathing normally

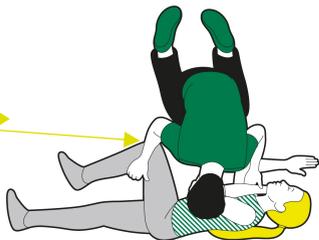
1. Place the nearest arm at right angles



2. Put the back of other hand next to the cheek closest to you and hold it there



3. Then bend the far knee, grasp the leg and roll them onto their side



4. Open the airway



5. Call 999



Skill

2

STOPPING SIMPLE BLEEDS

- Stop all bleeding
- If no dressing available, it is OK to improvise

Mangled limbs or amputations - turn page (Skill 3)



Superficial - cover and press firmly on the wound



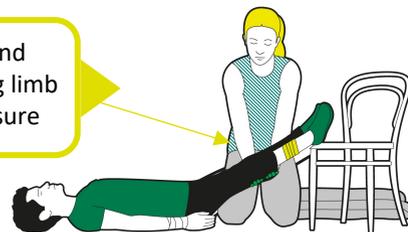
Deep - pack and press into wound



Packing - use equipment, but it is OK to improvise to create wound packing

- Gauze
- Dressing
- Triangular bandage
- T-shirt
- Sock
- Tie

If possible, elevate and support the bleeding limb whilst applying pressure



Remember to call 999



If pack & press is not working – turn page (Skill 3)

