

Save a Life

Stop the bleed with these steps:



Ensure your safety.



Look for **life-threatening bleeding**.



Is a **trauma first-aid kit** available?

No

Pack the wound with any **clean cloth** and apply steady and direct pressure on the wound until help arrives.

Yes

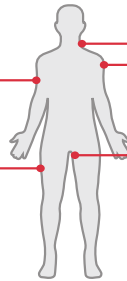
Where is the wound?

Arm

Leg

Neck
Shoulder

Groin



Is a **tourniquet** available?

Yes

Apply above the bleeding site.

Tighten until the bleeding stops.

No

Pack the wound with gauze or clean cloth. Apply steady direct pressure.



KAISER PERMANENTE.
South Sacramento Medical Center

Trauma Center