

Wounds & Bleeding & Dressing Procedures

Reference: SJA First Aid Manual 9th Edition Revised



Dressing & Bandage



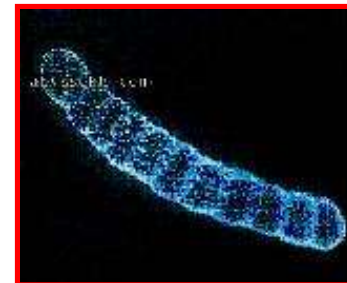
- Dressing



- Bandages

Main Function of Dressings

- Control bleeding
- Protect from further injuries
- Protect wound and prevent infection



- Promote healing

Type of Dressing

1. Sterile Dressing
2. Gauze Dressing
3. Adhesive Dressing
4. Improvised Dressing

Type of Dressing

1. Sterile Dressing

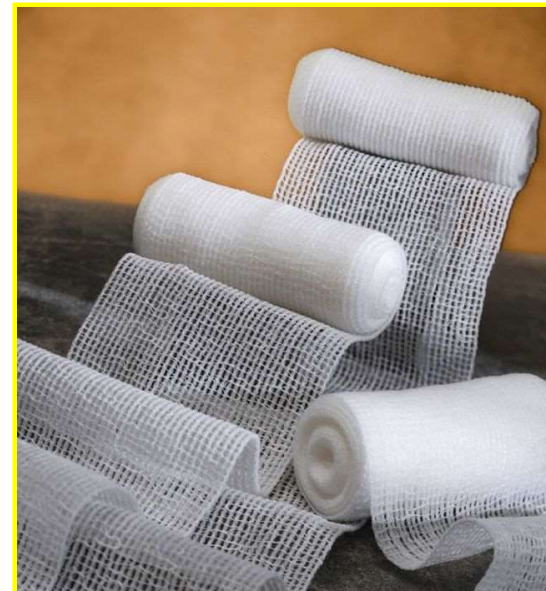
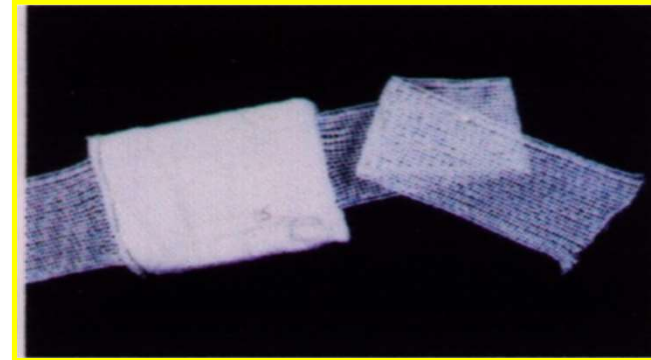
- ❖ Various sizes
- ❖ With protective wrappings
- ❖ No longer sterile if protective wrapping is broken



Type of Dressing

2. Gauze Dressing

- ❖ Various sizes
- ❖ May use adhesive strapping or roller bandage to hold the dressing



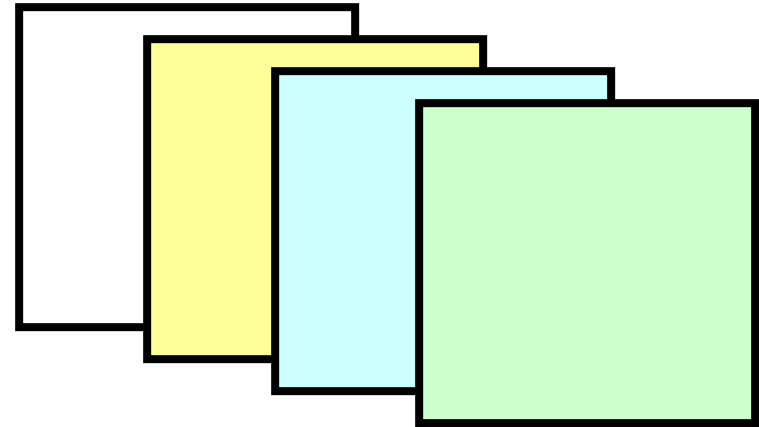
Type of Dressing

3. Adhesive Dressing

- ❖ Various sizes
- ❖ For small wounds
- ❖ Able to stick



Type of Dressing



4. Improvised Dressing

- ❖ Any cloths that are not fluffy or sticky
- ❖ Clean and soft
- ❖ Light colour (White / Yellow / Blue / Green)
- ❖ Able to absorb blood (cotton)
- ❖ **Risk of infection is HIGH!!!**

When do you need to apply Dressing?

6 Types of Wounds



Abrasion / Graze



Incised



Contusion / Bruises



Punctured



Laceration



Gunshot

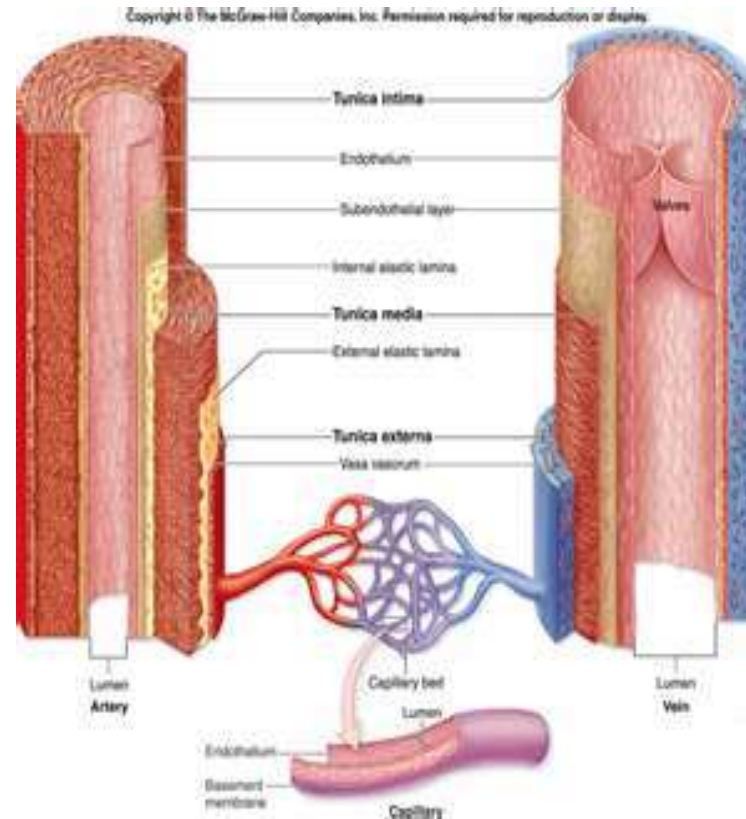
3 Types of Bleedings

Artery:

- Thick Layer
- Elastic structure
- Carries Oxygenized Blood
- High Pressure

Bleeding Pattern:

- Fresh Red Colour
- Shoot out with heart rhythm



Capillary:

- Smallest Blood vessels
- Very thin wall (1 cell thick)
- Places where O₂ and CO₂ gasses exchange

Bleeding Pattern

- Very little bleeding

Vein:

- Less thick compare with Artery
- Carries Deoxygenized Blood
- Low Pressure and flow 1 direction
- Has valve to prevent blood to reserve flow

Bleeding Pattern

- Dark Red Colour
- Flow out like water tap.

Rules of Applying Dressings

- **Wear gloves!!!**
- Dressing **size must bigger than the wound.**
- Place dressing **directly on the wound.**
- If blood seeps through, apply another dressing on top of it.
- If blood seeps through the second dressing, remove both and replace with new one.



3 Steps to STOP Bleeding

1. DIRECT PRESSURE

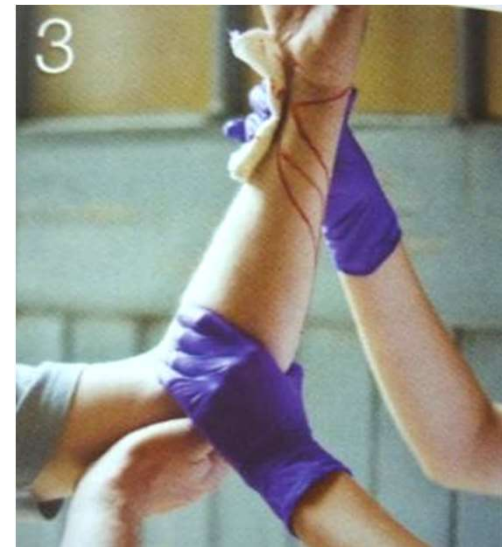
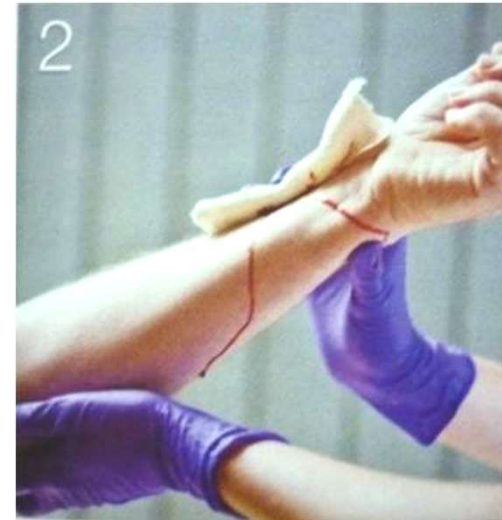


2. Elevation



If bleeding still
continues

3. INDIRECT PRESSURE



Dressing a Small Wound



1. Wash the wound with running water



2. Dry up the wound area

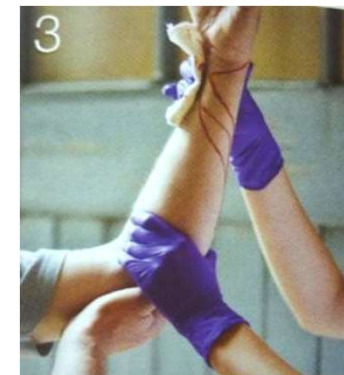
3. Elevate the wound higher than the heart level



4. Cover wound with clean dressing to stop bleeding and to prevent cross infection of bacteria

Dressing Large Wound with Severe Bleeding

1. Remove or cut cloth to expose the wound
2. Cover wound with clean / sterile dressing and apply **DIRECT PRESSURE**
3. **ELEVATE** the injured part higher than the heart level
4. Lie the casualty down and raise the leg up to prevent shock.



Dressing Large Wound with Severe Bleeding

5. Secure the dressing with a firm bandage, but **not too tight**
6. **Apply another layer** of dressing on top if the blood seeps out.
7. If it **seeps out again**, remove the **top layer** and **apply a new one**.
8. Monitor vital sign and send to hospital immediately. **Check blood circulation every 10 minutes**



Wound with Removal Foreign Objects

1. Carefully **remove** the foreign object
2. **Wash** the wound area with **water + antiseptic solution**
3. **Apply** dressing with **direct pressure**
4. **Elevate** the injured part higher than the heart level
5. **Seek for medical advice** if needed.

Wound with Un-removal Foreign Objects

1. **Press firmly** on **both side of the skin** with embedded object to **create direct pressure.**



2. **Apply crescent pad to clamp & secure** the object. If possible, higher than the object.

3. **Hold the padding** in place & **roll** the roller bandage until the bandaging is complete



4. **Send to hospital immediately**

REMEMBER! After Treatment...

Dispose / Throw



Before & After Treatment...

- Wash your hand thoroughly!



STEP 1
Rub palms together.



STEP 2
Rub the back of both hands.



STEP 3
Interlace fingers and rub hands together.



STEP 4
Interlock fingers and rub the back of fingers of both hands



STEP 5
Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands.



STEP 6
Rub fingertips on palm for both hands.



STEP 7
Rub both wrists in a rotating manner. Rinse and dry thoroughly.

Any
Question?

THANK
YOU