



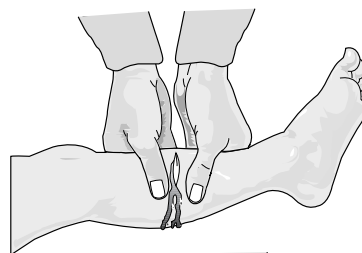
RED CRESCENT FIRST AID TIPS

How to control bleeding

1. Using your fingers or palm, press down directly on the wound. Use a clean pad if possible. Maintain pressure on the wound for at least 10 minutes to allow the blood to clot.



2. Do not apply pressure if an object is embedded in the wound. Instead, push the edges of the cut together as much as possible, and press down firmly on both sides.



3. If the wound is on an arm or leg, you can slow the blood flow by lifting the limb above the level of the victim's heart.



Note: Never use a tourniquet. You could make the bleeding worse and cause further damage to the injured tissues.

Presented jointly by Malaysian Red Crescent Society and the Malaysian media in conjunction with the "First Aider in Every Home" campaign. Call 03-4578122