Save a life
What everyone should know to stop bleeding after an injury

Ensure your safety.

Look for life-threatening bleeding.

Is a trauma first-aid kit available?

No

Use any clean cloth.
Apply steady direct pressure directly on the wound.

Yes

Where is the wound?

Arm

Leg

Neck

Shoulder

Groin

Is a tourniquet available?

Yes

Pack the wound with bleeding control (hemostatic) gauze (preferred), any gauze, or clean cloth.
Apply steady direct pressure.

No

Apply above the bleeding site.
Tighten until the bleeding stops.