



## What would you do if you were the first on the scene?



Don't be  
a First Aid  
Dummy!

# QUIZ

With our ***Don't be a First Aid Dummy! Quiz***, each month, we'll take you through an emergency situation where you'll be put on the frontline. Test your knowledge or brush up on your skills with our short, serious but fun first aid quiz. It might not only improve first aid outcomes but help save lives.

Want to get the monthly quiz email? Just [click here](#) to join!

### this month: **Bleeding**

#### What would you do if...?

It's Sunday and Marc is in the garage with his 12 year old son, Jack, showing him how to tie hooks onto his new fishing line that he was given the day before for his birthday. Jack is a fast learner and they talk about their next fishing trip.

Marc becomes careless with the sharp knife that he has been using and it slips, cutting him deeply on his right arm. It starts to bleed a lot, but young Jack knows that there is a First Aid Kit kept in the garage.

What should Jack do?

**Incorrect**

a. Put the wound under cold running water for 20 minutes.

This is incorrect, as it is the treatment for a burn. Some pressure needs to be applied to help stop the bleeding. The water may stop the natural clotting of the blood at the site of the wound which helps to 'plug' the hole and stop the bleeding.

**Incorrect**

b. Tie a piece of string around his arm tight enough to make the fingers turn blue.

This is wrong because the string is acting as a tourniquet and stopping all circulation to the fingers. If a person does not know how to use a tourniquet, it can be very dangerous as incorrect use can result in the loss of a limb.

**Incorrect**

c. Find some glue and stick the edges of the skin together.

This is wrong because most general household glues can be toxic. A wound needs to be cleaned properly and it would most likely be very difficult to get the glue off the skin.

## Correct

d. Put pressure on the wound and apply dressing. Lie the patient down if they feel dizzy.

Read the correct answer in full [below](#)

### Correct answer in full:

Use a gauze pad from your First Aid Kit to put pressure onto the wound. Ask the patient to hold it in place if they are able. If possible squeeze the edges of the wound together.

It may help to lie the patient down particularly if they feel light headed. After a gauze pad has been placed over the wound bandage it in place. If bleeding is seen coming through, place a second gauze pad on along with another bandage.

If bleeding continues, replace the second pad and bandage. Check circulation below the wound.

If bleeding continues beyond a few minutes seek medical help by calling 000.



### Bleeding and your First Aid Kit

What would you use from your kit?

Having a First Aid Kit on hand is vital in a situation where bleeding is occurring. Make sure your kit contains fresh gauze, dressings and bandages in a variety of shapes and sizes. We offer a large variety of kits and individual supplies to keep your current kit up to date at any of our

[retail locations](#)



### Bleeding and First Aid Training

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