

14: bleeds

suggested answers

1)

	1st aid response
6	Reassure the injured person.
4	Stop the bleeding by direct pressure, preferably using something sterile, or at least something clean.
7	Ask how the injury happened.
5	Elevate the injured body part (if you can).
1	Check for dangers. If necessary, remove the danger or remove the injured person from danger.
9	Make sure the injured person is resting comfortably.
2	Check for response. (If the injured person is blaspheming loudly, you already have a response!)
3	Check airways, breathing & circulation.
8	Ring/go/send for help.
10	Monitor for shock (e.g. the injured person feeling faint).

Note that in real situations:

- a) The order of things may vary depending on the circumstances. (For example, if there are a number of “1st aiders,” someone might immediately call for help.)
- b) Some steps can be conducted simultaneously (e.g. reassurance begins with checking for response).
- c) Some steps can be “skipped” (e.g. you don’t need to immediately manually check breathing & circulation if the injured person is conscious & communicative).

It follows from the above that there is room for healthy discussion about the specifics of responding to bleeds & other serious injuries.

2) **Shock** is a serious, often life-threatening medical condition where insufficient blood flow reaches the body tissues.

3) Signs & symptoms of shock include cold, clammy skin, pale skin colour, a weak, rapid pulse, faintness or dizziness, nausea & (in severe shock) restlessness, thirst, rapid breathing, drowsiness &/or confusion.

4) Elevating legs helps the blood return to the head & the body’s core.

5) The risk of infection can be reduced by:

- a) wearing clean disposable gloves
- b) using sterile equipment (e.g. tweezers)
- c) applying sterile dressings to cover wounds
- d) irrigating with preferably sterile or clean water
- e) taking care not to kick up dust, etc.
- f) avoiding coughing, sneezing or breathing close to the wound

Note that some 1st aid organisations have questioned the value of antiseptic lotions & alcohol wipes, claiming that they do not promote healing.

6) Systemic infection is usually more serious than local infection because systemic infection can be life-threatening.

footprints answers

7) Wounds that are locally infected are usually painful & tender, swollen & inflamed & pussy (as in pus).

8) Antibiotics are normally prescribed for bacterial infection. Antibiotics have no benefit in the treatment of viral infections.