

First Aid for bleeding

1. Elevate above heart level

→ *Blood flow subsides*

2. Lie down the victim

→ *Prevents shock*

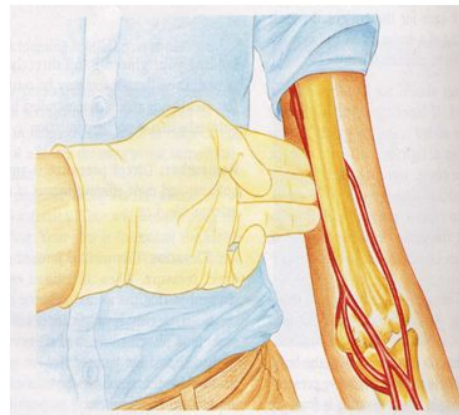
3. Calm down

→ *Less oxygen*

4. Apply pressure dressing

5. Apply indirect pressure

→ *Not more than 10 minutes*



Follow Club Accident Policy

999 if needed