

FYI Series: How to Stop a Bleed

Hello Everyone;

I hope you enjoyed your earlier March newsletter. I apologize for the weird large capitals in front of every paragraph..... they were actually a special Irish themed font that got lost in processing.

In this issue you will find useful information for dealing with a common health emergency situation.

These FYI Series newsletters are formatted so that the important article section can be highlighted, then printed off and saved in a folder, or collected into a du-tang and kept on hand should such an emergency arise.

Why not print an extra copy and keep one in the cottage or camper?

Wishing you all a joyous week!

As ever,
~Grace~

You can always download this and past issues from my website.
Click [HERE](#) to go to the page.

FYI Series: How to Stop a Bleed

Perhaps one of the most common health emergencies we are likely to encounter, bleeding cuts or wounds can be a serious medical situation. The following deals with any deep, flowing wound.



Apply direct pressure on external wounds with sterile cloth or your hand, maintaining pressure until bleeding stops

ADAM.

The first rule to remember is *don't freak out*. You aren't any help to anyone if you become very upset or even faint. And your fear will only exacerbate the fear already growing in the patient's mind.

- Be calm. Move swiftly. BREATHE.
- Call for help.
- Ask, and look to see if anything is punctured into the wound. If there

is an object stuck deeply inside do NOT attempt to remove it. Try not to press directly on it if you can help it.

- Big rule to remember: Pressure. Pressure. Pressure.
- Applying firm steady pressure is the best way to stop blood from flowing. Wad up a piece of clean fabric and press it firmly over the wound. Sterile gauze is preferred, but any CLEAN fabric will do. PRESS DOWN. Don't just dab it on to absorb the blood. You want to close the wound as much as you can to stop the blood from flowing out. Keep pressing.
- If you have it available, tie a strip of cloth around the injured limb or body part and tightly over the wad of fabric. If not, just keep holding the cloth down tightly.
- If there is no cloth handy, use a clean hand. (Medical exam gloves are preferred, for your safety.)
- Raise the limb up. Water runs downhill. Set the injured part up so it is higher than the patient's heart.
- When waiting for help to arrive, have the patient lie on their back and elevate their feet up about 12". Keep the injured part higher than the heart. (This position helps prevent shock from setting in.)
- Wait for help to arrive, or, take patient to the nearest hospital or medical treatment facility.

It is best if you have someone else either drive, or ride with you when taking the patient to receive medical aid. This is important in case complications arise, and to make sure the wound is kept as closed as possible during the ride.

Keep talking with the patient. Watch for signs of shock. Keep chatting to keep them as calm as possible.

It is not advisable to tie any tourniquet on, as in order to get it tight enough to stop the blood from flowing out, you are also stopping it from flowing into the tissues of the rest of the limb. And damage to the other tissues could result.

Upcoming:

Swan River:

April 2 Speaking at the Dawson Bay Wellness Day

April 4 Touched By Grace returns to Swan River

I will be available from the 4th through to the 8th of April

Regina:

March 26 Taking part in the Handbags, Health and Happiness day at White City, near Regina. Look for me in the 'Pampering Room' giving mini-treatments.

April 9-10. Expanding my Reflexology skills learning about how diet and

nutrient deficiencies show up in the feet.

April 29-30 Attending the Body Soul and Spirit Expo in Regina. Look for me at the RAC Chapter Reflexology booth.

Touched By Grace

"Helping men and women who are suffering from pain and stress regain their vitality and joy of living."



With extra emphasis on the "joy of living" part.

Gentle, Light Touch therapies get you back on your feet and living your life again! Incorporating the P.E.A.C.E. system.

[Visit my website for more information](#), and to download this email as a .pdf file. (in case your email ended up de-formatted!)

[Forward this message to a friend](#)

Tel: (306) 533-6549

Email: lighttouch@touchedbygrace.ca

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

Touched By Grace

R.R.#3

Regina, Saskatchewan S4P 2Z3

CA

[Read](#) the VerticalResponse marketing policy.

