

How to treat minor wounds and bleeding

If a casualty has a minor wound, you must clean it and try to control any bleeding with dressings, as well as with pressure if necessary. This minimises blood loss, stops the wound from becoming infected, and encourages it to heal.

To assist a casualty who has a minor wound and is bleeding:

1

Talk to them and explain what you're going to do. Instruct them to sit down or lie on the floor, and try to keep them warm with extra layers of clothing.



2

Examine the wound and look for any foreign objects, such as glass. You must not attempt to remove anything embedded in the skin, as it could be acting as a plug and reducing bleeding. You may need to seek further medical assistance by calling NHS 111 if there is something embedded.



3

Clean the wound area by rinsing it under tap or bottled water, or using sterile wipes.



4

Use soap and water or antiseptic to clean the skin around the wound. Avoid getting antiseptic into the wound.



5

Using a sterile gauze swab or a clean tea towel, pat the area dry.



6

Apply a sterile dressing, such as a non-adhesive pad with a bandage, or a plaster. If blood soaks through this, leave the dressing on, add another and continue to apply pressure.



7

If the bleeding doesn't stop, you should seek medical advice on 111 or the casualty may need to visit a minor injuries unit or walk-in centre.

