

- DO NOT probe a wound or pull out any embedded object from a wound. This will usually cause more bleeding and harm.
- DO NOT try to clean a large wound. This can cause heavier bleeding.
- DO NOT remove a dressing if it becomes soaked with blood. Instead, add a new one on top.
- DO NOT peek at a wound to see if the bleeding has stopping. The less a wound is disturbed, the more likely it is that you'll be able to control the bleeding.

DO NOT try to clean a wound after you get the bleeding under control. Get medical help.

Disclaimer. ProSafety NZ has taken care in preparing the guide. However, care should be taken in diagnosing and applying first aid treatment. Where possible professional help should be called.
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