## When?

As a first priority, we addressed massive bleeding because of the rate of blood loss. This does not mean that other bleeding is less important. Every drop of blood lost will not be recovered and will contribute to lowering blood pressure and also drop in body temperature, with all its consequences. Moreover, it is opportune to cover open wounds for hygienic reasons and often also because of the psychological impact on the victim.

### What?

Usually the Israeli pressure dressing is used because of its simple design, ease of use and various options. It is double vacuum packed and has a wound pad that does not adhere to the wound. At the top is a banana-shaped bracket (pressure-bar) that will provide additional pressure on the wound. The end has barbs (closure-bar) to close the dressing. The rolled-up bandage has a string stitched through it, preventing unwanted unrolling of the bandage.



# THE TECHNIQUE on a limb

1.	Make sure the injury is centered below the imaginary center between the sticker and the plastic bracket. This is the place where maximum pressure will be applied afterwards. Make the first wrap under the bracket (on the side of foot or hand).	
2.	Second wrapping: above the bandage (on the side of hip or shoulder)	
3.	Third wrapping through the bracket (tilt bandages a bit to make this go more smoothly)	
4.	From once through the bracket, begin wrapping in the opposite direction, tilting the bracket for targeted pressure on the wound with each subsequent wrap. This ensures proper concentration of pressure in the right place.	
5.	Continue wrapping, covering the entire brace. Put tension on top of the brace, but reduce the tension on the other side, otherwise the bandage will act as a tourniquet. Close with the closing hooks	



## THE USE for a head wound



#### **IMPORTANT FACTS**

**Eye injury:** never put a pressure dressing directly on the injured eye. For one thing, the eye is very sensitive to pressure; for another, the compress is absorbing moisture, while the eyeball is a mass that should remain moist.

Visible intestines: when intestines are visible and/or have come out of the body, do not touch them. Never attempt to push viscera back.

**Externalized bleeding:** when blood comes from existing body openings (nostrils, ears, anus, etc.) do not cover it but report it to emergency medical services.

**Foreign object in the wound:** if there is another object in the body (piece of glass, iron bar, branch...) never remove it from the wound! Fix the object by means of the pressure dressing (either by making a hole centrally in the compress, or by wrapping alternately above and below the object.