

**Unit 1: Bleeding**

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

**Lesson 1: Introduction to Bleeding**

1. Define and describe these components of the circulatory system:

- a. Perfusion: \_\_\_\_\_  
\_\_\_\_\_
- b. Artery: \_\_\_\_\_
- c. Vein: \_\_\_\_\_
- d. Capillary: \_\_\_\_\_  
\_\_\_\_\_
- e. Plasma: \_\_\_\_\_  
\_\_\_\_\_
- f. Red blood cell: \_\_\_\_\_  
\_\_\_\_\_
- g. White blood cell: \_\_\_\_\_
- h. Platelets: \_\_\_\_\_

2. The heart has \_\_\_\_\_ chambers. The top two chambers are called the \_\_\_\_\_ and the bottom two are called \_\_\_\_\_. They are divided by a muscular wall called the \_\_\_\_\_.

3. Severe blood loss causes poor \_\_\_\_\_ which can put the patient in a state of \_\_\_\_\_. If a patient loses a large volume of blood, the patient is said to be \_\_\_\_\_.

4. The first way the body naturally attempts to control bleeding is by \_\_\_\_\_ blood vessels at the site of injury. This serves to \_\_\_\_\_ blood flow in the injured area. The body also stops bleeding by forming \_\_\_\_\_ made from cell fragments called \_\_\_\_\_.

5. How much blood loss would be considered life threatening for the following patients?

- a. For an adult patient: \_\_\_\_\_
- b. For a child: \_\_\_\_\_
- c. For an infant: \_\_\_\_\_

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**Lesson 2: External Bleeding**

1. \_\_\_\_\_ bleeding occurs when a patient loses blood through an opening to the outside of the body. There are \_\_\_\_\_ different types, but all may occur depending upon the injury. \_\_\_\_\_ bleeding is the most severe and difficult to control and is distinguished by \_\_\_\_\_ red, spurting blood.

2. You arrive on the scene where a patient has visible blood. What should you do before addressing the bleeding injury? \_\_\_\_\_

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3. Determining the severity of blood loss can be difficult. The first sign the patient may be in shock may be \_\_\_\_\_.

4. According to BSI (body substance isolation) guidelines, why do rescuers need to wear protective gear, such as gloves, when there is visible blood? \_\_\_\_\_

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5. What are the six pressure points that can be used to help decrease bleeding? \_\_\_\_\_

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6. Describe the three ways to manage external bleeding in their order of importance. \_\_\_\_\_

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7. List guidelines when answering a call to assist a patient with bleeding from the lower leg.

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8. A rescuer has applied a pressure dressing to a wound. During transport, the rescuer notices the dressing is becoming saturated with blood. Describe what the rescuer should do with the dressing. \_\_\_\_\_

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**Lesson 3: Additional Methods to Bleeding Control**

1. What will a cold pack assist with? \_\_\_\_\_
2. \_\_\_\_\_ are most helpful when a patient has bleeding and a fractured bone. They are often effective for helping to control \_\_\_\_\_ and \_\_\_\_\_ bleeding, but not \_\_\_\_\_ bleeding.
3. A \_\_\_\_\_ is one of the few injuries that warrants the use of a(n) \_\_\_\_\_. This is because there is a risk of \_\_\_\_\_ damage to blood vessels, nerves, and muscle tissue.
4. List five guidelines for using a tourniquet. \_\_\_\_\_

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**Lesson 4: Bleeding from the Nose, Ears, and Mouth**

1. Bleeding from the mouth may be from which sources? \_\_\_\_\_  
\_\_\_\_\_
2. When the patient is bleeding from the mouth, the rescuer must always first determine if the patient is \_\_\_\_\_. If not, the rescuer should lay the patient in the \_\_\_\_\_ position and suction the mouth to ensure \_\_\_\_\_.
3. A rescuer should NOT attempt to stop bleeding from the \_\_\_\_\_ or \_\_\_\_\_ when a skull injury is suspected. This can \_\_\_\_\_ pressure inside the head.
4. If a responsive patient has a nosebleed that was not caused by a head injury, in what position should the patient be placed? \_\_\_\_\_

**Lesson 5: Internal Bleeding**

1. Define and describe the most common cause of internal bleeding. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Other, less common causes of internal bleeding include \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_,  
and \_\_\_\_\_.
3. What are the signs of internal bleeding? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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