

Job site: \_\_\_\_\_  
 Foreman: \_\_\_\_\_

Date: \_\_\_\_\_  
 G.C. \_\_\_\_\_

**SMOHIT Safety Sense**  
 Toolbox Talks for the Sheet Metal Industry

**Bleeding**

- Bleeding is a flow of blood from a broken artery, vein, or capillary. Signs and symptoms of external bleeding include:
  - Artery—spurting blood, bright red in color.
  - Vein—continuous flow of blood, dark red in color.
  - Capillary—blood oozing from wound.
- To treat external bleeding, cover the wound with a clean cloth or gloved hand and apply direct pressure to the wound. Most bleeding can be stopped this way. If the wound is on an arm or leg and there is no fracture, elevate the extremity above the heart as you apply pressure.
- If necessary, use fingers to provide pressure to control arterial bleeding from a wound. Place your fingers on the appropriate pressure point between the heart and the wound. Hold pressure point tightly until bleeding is controlled. Because digital pressure may shut off the supply of oxygenated blood to the brain, use pressure points in the head and neck for only brief periods.
- A tourniquet is a device that restricts all blood flow to and from an extremity. It is used only as a last resort, when all other methods fail because the use of a tourniquet often results in the loss of the limb. Apply a tourniquet between the wound and the heart as close to the wound as possible, but never over a joint. Tighten the tourniquet to the point where bleeding is controlled.
- For a makeshift tourniquet, wrap the material around the extremity and tie it in a half-knot. Place a stick or similar object on the half-knot and tie a full knot. Twist the stick to tighten the tourniquet only until bleeding is controlled. Secure the stick in place with the loose ends of the tourniquet, another strip of cloth, or other material. You can improvise a tourniquet from a strap, belt, handkerchief, necktie, or cravat bandage. Never use a wire, cord, or anything that will cut into the flesh. Once a tourniquet is in place, do not loosen it. Make a note of time applied and get the victim to a medical facility as soon as possible.

**Instructor Tips**

- **Demonstrate how to apply direct pressure, digital pressure and a tourniquet.**
- **Review symptoms of internal bleeding (cool, clammy skin, profuse sweating, shallow breathing, weak pulse, enlarged pupils, nausea, vomiting, and pain in the affected area).**
- **Explain that internal bleeding can be life threatening, and that if internal bleeding is suspected, the patient should seek immediate medical attention.**

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Reference: OSHA 29 CFR 1926.50