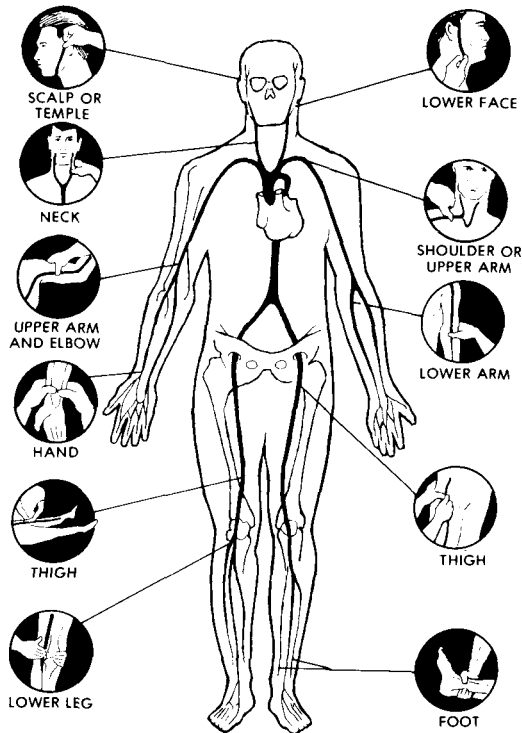


APPENDIX E

DIGITAL PRESSURE

Apply Digital Pressure

Digital pressure (also often called “pressure points”) is an alternate method to control bleeding. This method uses pressure from the fingers, thumbs, or hands to press at the site or point where a main artery supplying the wounded area lies near the skin surface or over bone (Figure E-1). This pressure may help shut off or slow down the flow of blood from the heart to the wound and is used in combination with direct pressure and elevation. It may help in instances where bleeding is not easily controlled, where a pressure dressing has not yet been applied, or where pressure dressings are not readily available.



If blood is spurting from wound (artery), press at the point or site where main artery supplying the wounded area lies near skin surface or over bone as shown. This pressure shuts off or slows down the flow of blood from the heart to the wound until a pressure dressing can be unwrapped and applied. You will know you have located the artery when you feel a pulse.

Figure E-1. Digital pressure (pressure with fingers, thumbs or hands).

NOTES