



First Aid for Nose Bleed Worksheet

Instructions: Watch the video. Use information in the video to answer the questions below.



Questions:

1. This video is about First Aid for Nose Bleeds. YES NO
2. The first priority is to control the bleed and keep the airway open. YES NO
3. What is the first step? Tell them to sit down Tell them to lie down
4. The person should lean backwards. YES NO
5. The person should then pinch their nose. YES NO
6. You can give them a pad to catch any blood. YES NO
7. How long should they pinch the nose? 5 minutes 10 minutes
8. After that time, the person should increase the pressure. YES NO
9. If still bleeding, apply pressure for 40 more minutes. YES NO
10. If still bleeding after 30 minutes, call an ambulance. YES NO