

European first aid guidelines

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Bleeding

Findings

One guideline,⁴ 2 SRs on control of arterial puncture⁵⁶ and on femoral vessel injuries in warfare,⁵⁷ 2 RCTs on control of arterial puncture,^{58,59} 11 case reports or series,^{60–70} and 14 expert opinion scripts^{71–84} were selected.

The effectiveness of controlling external bleeding through applying direct pressure or a compression bandage to the site of bleeding is proven by high level of evidence (LOE 1+,^{4,56,58,59} LOE 3,^{61,62,65,67,68} LOE 4,^{71–78,80–83}). There is insufficient evidence about the effectiveness of indirect pressure on pressure points and elevation (LOE 4,^{72,74–76,80–82}). Because of the possible complications, the use of a tourniquet is contraindicated for laypersons (LOE 3^{60,63–66,68–70}, LOE 4,^{4,57,72,75,76,79,80,82,84}).

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