

Four Types of Wounds

Abrasion

Skin rubs/scrapes a rough/hard surface.
There is usually not a lot of bleeding.

Ex: road rash, turf burn

To prevent infection, wound needs to be scrubbed and cleaned to remove foreign objects.

Laceration

Deep cut or tearing of skin.
Accidents with knives, tools and machinery are frequent causes.
Deep lacerations may have extensive and/or rapid bleeding.

Puncture

Small hole in skin caused by pointy object, like a nail, needle.
Wounds can be deep with little blood.
Internal organs can be damaged.
May require medical attention or tetanus shot.

Avulsion

A partial or complete tearing away of skin and tissue, usually occurs with traumatic accident.
Heavy and rapid bleeding.

Ex: motor vehicle accident, explosion.

Wound Care

- Apply pressure, with clean materials, to help stop bleeding
- Use direct pressure and elevation to control bleeding and swelling
- Minor wounds should be washed with water or saline
- A washcloth or gauze with gentle soap can be used to remove dirt and any debris
- Use sterile gauze or bandage to cover clean wound

Note: Hydrogen peroxide, rubbing alcohol or iodine may be too harsh for use on exposed human tissue.



Seek medical attention if:

- Wound is on a child under a year old
- Bleeding is severe or won't stop
- Jagged edges, deep and/or gaping wound
- Signs of infection*
- Wound was caused by:
 - Human or animal bite
 - Projectile or dirty object
 - Impaling skin

*Signs of Infection:

*Increased redness or swelling of area
Skin around wound feels warm
Pain that is worsening
Unpleasant odor
Unusual drainage or pus
Fever*

In case of emergency and severe bleeding call 911.