

## Wounds and Causes

Wounds can be caused in several different ways by a variety of different objects, be it blunt, sharp or projectile. They are classified into several categories dependent on the cause and resulting injury:

- **Incised wound** – A clean, straight cut caused by a sharp edge (i.e. a knife). Tends to bleed heavily as multiple vessels may be cut directly across. Connecting structures such as ligaments and tendons may also be involved.
- **Puncture/Penetrating Wound** – A deep wound caused by a sharp, stabbing object (i.e. a nail or bike spoke). May appear small from the outside but may damage deep tissues. Particularly dangerous on the chest, abdomen or head where major organs are at risk. Can also include surgical incisions, thermal/chemical or electric burns, bites and stings, gunshot wounds and/or other high velocity projectiles which can penetrate the body.
- **Avulsion** – A wound caused by a tearing force in which tissue is torn away from its normal position. May bleed profusely depending on the size and location. The tissue is often completely detached.
- **Amputation** – The loss of a distinct body part such as a limb, finger, toe or ear. Often very severe with profuse bleeding. In the cases of limb loss this is a medical emergency.

## Blunt Force Trauma

- **Laceration** – A messy looking wound caused by a tearing or crushing force. Doesn't tend to bleed as much as incised wounds but often causes more damage to surrounding tissues.
- **Abrasion** – A wound caused by a scraping force or friction. Tends not to be very deep but can often contain many foreign bodies such as dirt (i.e. after a fall on loose ground).

Closed wounds are often caused by blunt trauma, and though the injured tissue is not exposed, there can be bleeding and damage to underlying muscle, internal organs and bones.

- Major types of closed wounds include:
  - Contusions – blunt trauma causing pressure damage to the skin and/or underlying tissues
  - Blisters
  - Seroma – a fluid-filled area that develops under the skin or tissue
  - Hematoma – a blood-filled area that develops under the skin or tissue (occurring when there is internal blood vessel damage to an artery or vein)
  - Crush injuries

## Resources

- [KnifeSavers | KnifeSavers Bleeding Control Home Page](#)
- [First Aid for Knife Attacks Level 2 \(VTQ\) Course](#)
- [citizenAID](#)
- [Run Hide Tell](#)
- [Action Counters Terrorism](#)