

# Effects of blood loss on the body

Signs & symptoms	10% Blood Loss	20% Blood Loss	30% Blood Loss	40% Blood Loss
Response level	Normal	Nausea	Lowered levels of response, signs of shock	Possible unresponsive
Skin colour	Normal	Pale / cool to touch	Cyanosis (blue/grey tinges to the lips and extremities, cold and clammy)	Extremely pale, cold and clammy
Breathing	Normal	Slightly raised	Rapid	Gasping for breath
Pulse rate	Normal	Slightly raised	Rapid weak pulse (hard to detect)	Undetectable