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## Stop The Bleed

## Help Save A Life

Uncontrolled bleeding is the number one cause of preventable death from trauma. Knowledge of the how and why of controlling the bleeding will in many instances be what is needed to help save a life. Hopefully you will be able to learn the various ways to control bleeding, whether you only have your two hands to use or whether you have a full trauma first aid kit available to you.

Basically here is The **ABCs** of Bleeding:

- **A – Alert** – call 9-1-1
- **B – Bleeding** – find the bleeding injury
- **C – Compress** – apply pressure to stop the bleeding by:
  1. Covering the wound with a clean cloth and applying pressure by pushing directly on it with both hands, OR
  2. Using a tourniquet, OR
  3. Packing (stuffing) the wound with gauze or a clean cloth and then applying pressure with both hands.

At this time it is very important for you to be **SAFE!** Before you offer any help, you must ensure your own safety!

- If you become injured, you will not be able to help the victim
- Provide care to the injured person if the scene is safe for you to do so
- If, at any time, your safety is threatened, attempt to remove yourself (and the victim if possible) from danger and find a safe location
- Protect yourself from blood-borne infections by wearing gloves, if available

## A – Alert – call 9-1-1

- Be to speak clearly
- Be sure of the exact location
- Possible have someone position themselves to guide the officers and medics to the exact location.

## B – Bleeding

Find the source of bleeding

- Open or remove the clothing over the wound so you can clearly see it
- Look for and identify “life-threatening” bleeding
- *By removing clothing, you will be able to see injuries that may have been hidden or covered.*

### What is “life-threatening” bleeding?

- Blood that is spurting out of the wound.
- Blood that won’t stop coming out of the wound
- Blood that is pooling on the ground
- Clothing that is soaked with blood
- Bandages that are soaked with blood
- Loss of all or part of an arm or leg
- Bleeding in a victim who is now confused or unconscious

## C – Compress

Compressing a bleeding blood vessel in order to stop the bleeding is what needs to be done. There are different methods but they all have one thing in common:

COMPRESSION

### If you don’t have a trauma first aid kit:

- Apply Direct Pressure on the wound
- Cover the wound with a clean cloth and apply pressure by pushing directly on it with both hands.

### If you do have a trauma first aid kit:

- For life-threatening bleeding from an arm or leg and a tourniquet is available:
  - Apply the tourniquet

- For life-threatening bleeding from an arm or leg and a tourniquet is NOT available OR for bleeding from the neck, shoulder or groin:
  - Pack (stuff) the wound with a bleeding control (also called a hemostatic) gauze, plain gauze, or a clean cloth and then apply pressure with both hands

## Appendix A:





No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, so it's important to quickly stop the blood loss.

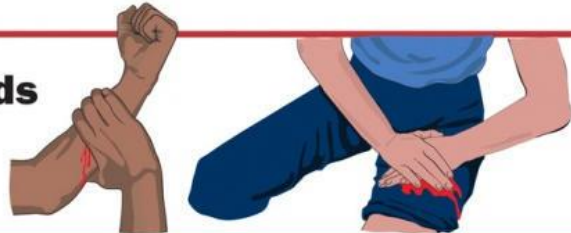
Remember to be aware of your surroundings and move yourself and the injured person to safety, if necessary.

### Call 911.

Bystanders can take simple steps to keep the injured alive until appropriate medical care is available. Here are three actions that you can take to help save a life:

#### 1. Apply Pressure with Hands

EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with both hands if possible.



#### 2. Apply Dressing and Press

EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with bandages or clothing.

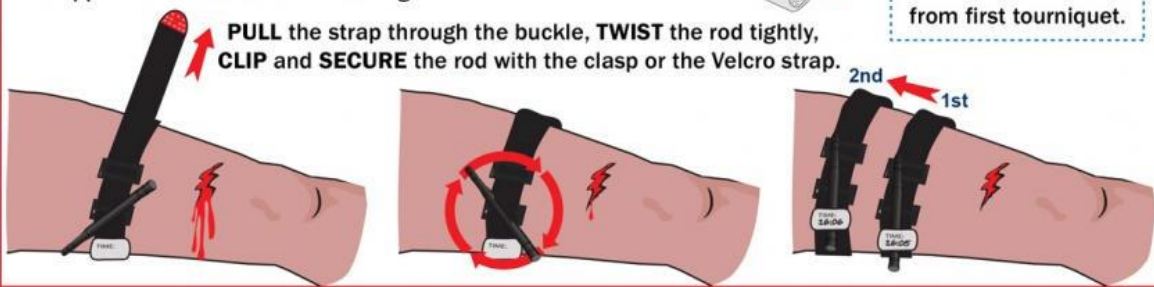


#### 3. Apply Tourniquet(s)

If the bleeding doesn't stop, place a tourniquet 2-3 inches closer to the torso from the bleeding. The tourniquet may be applied and secured over clothing.



If the bleeding still doesn't stop, place a second tourniquet closer to the torso from first tourniquet.



The 'Stop the Bleed' campaign was initiated by a federal interagency workgroup convened by the National Security Council Staff, The White House. The purpose of the campaign is to build national resilience by better preparing the public to save lives by raising awareness of basic actions to stop life threatening bleeding following everyday emergencies and man-made and natural disasters. Advances made by military medicine and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which exemplifies translation of knowledge back to the homeland to the benefit of the general public. The Department of the Defense owns the 'Stop the Bleed' logo and phrase - trademark pending.



Homeland Security


Office of Health Affairs

# Appendix B

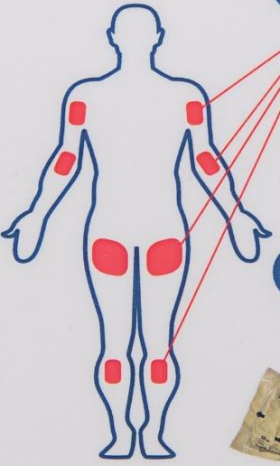
## STOP THE BLEED INSTRUCTIONS

**1 GLOVES**

**FOR YOUR PERSONAL PROTECTION APPLY THESE FIRST**




Use shears to remove enough clothing to expose wound area.



**2 SEVERE BLEEDING**

**TOURNIQUETS**


Use only on arms and legs. Apply as high above the wound as possible, not on a joint. Wrap around the limb, slide strap through slit and secure tightly with velcro. Turn windlass until bleeding stops. Secure with clip.



**3 WOUND PACKING**

**GAUZE ROLL**


To staunch bleeding, use enough to fill wound space completely. Hold pressure for 3-4 minutes, cover with trauma dressing.




**4 MODERATE BLEEDING**

**TRAUMA DRESSINGS**

Use rolled gauze if wound requires packing. Place pad over wound site. Wrap snugly to apply pressure to wound. Secure with clip. For chest wounds use the blast bandage and cover the area.






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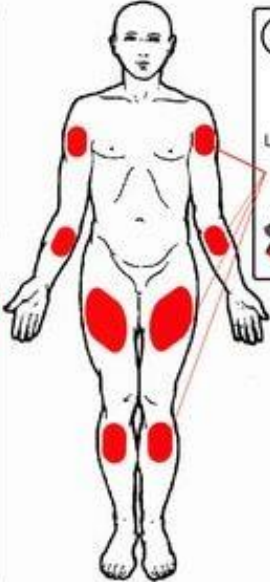
## BLEEDING CONTROL INSTRUCTIONS

**1 GLOVES**

**FOR YOUR PERSONAL PROTECTION APPLY THESE FIRST**




USE SHEARS TO REMOVE ENOUGH CLOTHING TO EXPOSE WOUND AREA



**2 WINDLASS TOURNIQUET**

**FOR SEVERE BLEEDING**


USE ONLY ON ARMS & LEGS. APPLY AT LEAST 2-3 INCHES ABOVE WOUND, NOT ON A JOINT. WRAP AROUND LIMB, SLIDE STRAP THROUGH SLIT AND SECURE TIGHTLY WITH VELCRO. TURN WINDLASS UNTIL BLEEDING STOPS. SECURE WITH CLIP.



**3 COMPRESSED GAUZE**

**FOR WOUND PACKING**

TO STAUNCH BLEEDING, USE ENOUGH TO FILL WOUND SPACE COMPLETELY. HOLD PRESSURE FOR 3-4 MINUTES.




COVER WITH COMPRESSION WRAP (included 4" Emergency Pressure Dressing).

**4 PRESSURE DRESSING**

**FOR MODERATE BLEEDING**

USE OVER COMPRESSED GAUZE IF WOUND REQUIRES PACKING. PLACE PAD OVER WOUND SITE. WRAP SNUGLY TO APPLY PRESSURE TO WOUND. SECURE WITH CLIP.



**RESCUE ESSENTIALS**

www.rescue-essentials.com

212 F Street \* PO Box 987 \* Sahia CO 81201  
719-429-4842 info@rescue-essentials.com

Equipment instructions only - not a substitute for professional medical training or advice

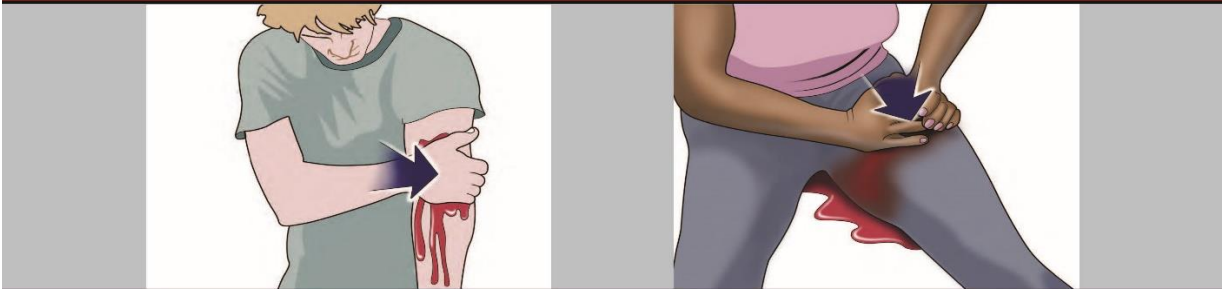
# Appendix B



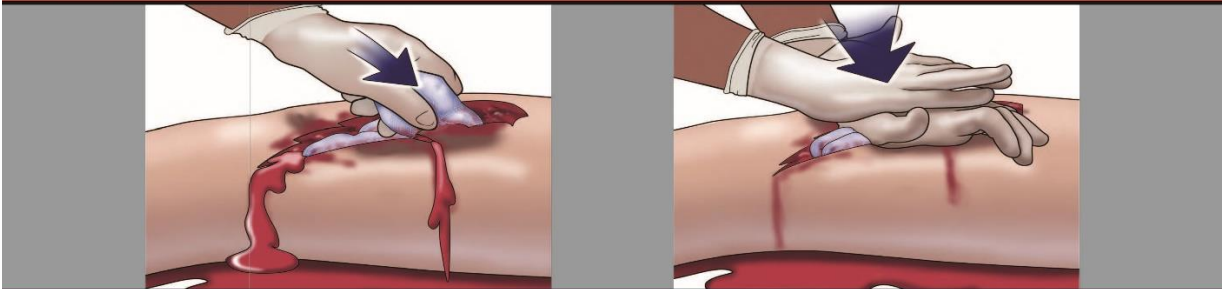
# STOP THE BLEED<sup>SM</sup> SAVE A LIFE



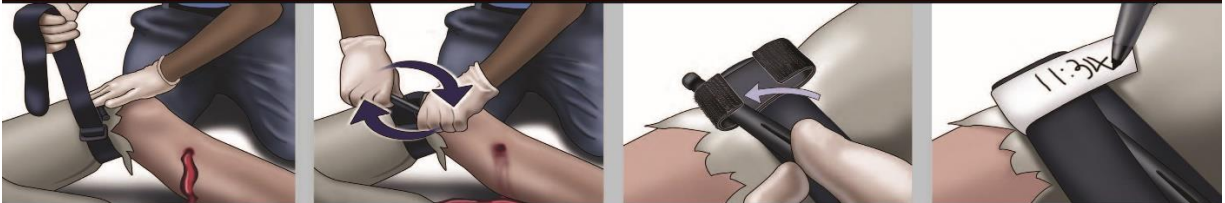
## 1 APPLY PRESSURE WITH HANDS



## 2 APPLY DRESSING AND PRESS



## 3 APPLY TOURNIQUET



WRAP

WIND

SECURE

TIME

# CALL 911

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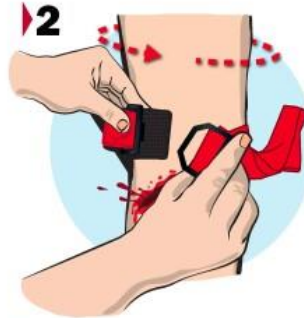


# Applying a Tourniquet

A wound on the leg or arm that won't stop bleeding is a good candidate for a tourniquet.

## Step 1: Stop the bleeding. Now!

Expose the wound. Tear clothing away. Immediately apply firm, direct pressure to the wound using gauze, clean cloth, an elbow, hand, or knee – whatever it takes to slow or stop the hemorrhage. If the pressure does not stop the bleeding, and the dressing becomes soaked with blood, you will need to apply a tourniquet.



## Step 2: Apply the Tourniquet

If the bleeding doesn't stop, place a tourniquet at least 2-3 inches from the wound. The tourniquet may be applied and secured over clothing.

## Step 3: Adjust the tourniquet.

Be sure the tourniquet is at least 2-3 inches from the wound. The tourniquet should be placed between the wound and the heart. Do not apply a tourniquet over a joint, such as an elbow, knee, wrist, or ankle. (Joints protect blood passageways and prevent the pressure needed to stop an arterial bleed.)



## Step 4: Manually tighten the tourniquet

Clip the sides of the tourniquet together using the buckle and pull firmly on the end strap. Tighten it as much as you can.

## Step 5: Use the windlass rod to further tighten the tourniquet.

Twist the windlass rod in one direction to increase the pressure and stop the bleeding.



## Step 6: Secure the windlass rod.

Using the windlass clip, secure the rod so that it does not unwind. If there is a velcro strap, also use that to secure the windlass.



## Step 7: Make a note of the time.

Note the time that the tourniquet was applied. This is important because leaving a tourniquet on too long can cause damage to the tissue. A time-stamp will help care-givers know which patients to treat first.



Homeland Security

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