



Essentials of **STOP THE BLEED®** Training Course



In cooperation with the Department of
Defense STOP THE BLEED® Campaign



Working Together We Can Save More Lives!

What We are Going to Cover:

- What is STOP THE BLEED®?
- Why is this important?
- How to recognize life-threatening bleeding.
- How to stop life threatening bleeding.
- Getting STOP THE BLEED® *ready*.

Today's topics will discuss and review life-threatening bleeding.

This material may be disturbing to some audiences. If you feel unwell, please notify an instructor or pause the video. This course is intended to give you the fundamentals to control life-threatening bleeding.

This is not a first-aid course.



What is STOP THE BLEED®?



STOP THE BLEED® is national effort to encourage people to be trained, equipped, and empowered to help in a bleeding emergency.

Based on lessons learned by the military nonmedical personnel can save lives by taking immediate action to control severe bleeding.



A public/private partnership led by the U.S. Department of Defense. The program is run by the Defense Health Agency's Combat Casualty Care Research Program.



Why Is This Important?

Bleeding is the #1 cause of preventable death from injuries.

Lives could be saved by people like you taking **immediate actions!**

Traumatic Injuries

Leading cause of death for people under the age of 46.

A major cause of death in all age groups.

People can die quickly before an ambulance arrives.

Motor vehicle crashes and falls are leading causes of traumatic injuries.

Controlling severe bleeding can save a life.

Why Do I Need To Know This?

People can
bleed to death
in minutes.



Average time for
Emergency
Responders to arrive.



Trauma-related
deaths worldwide
due to bleeding.



Your help may be the difference between life and death.

When?

Life-threatening Bleeding Can Happen at Any Time for Many Reasons:

- Home or workplace injuries
- Motor vehicle collisions
- Industrial accidents

- Act of violence
- Natural disasters
- Recreation accidents



How Do We Know This Works?

Battlefield Lessons From Iraq and Afghanistan

Battlefield deaths from blood loss reduced dramatically when soldiers were taught how to STOP THE BLEED® and were equipped with tourniquets and hemostatic (helps blood to clot) dressings.

Civilian Lessons Learned

Deaths following traumatic injury reduced dramatically when STOP THE BLEED® techniques were performed before the onset of shock.



One Life Saved, Many Lives Impacted



Avoid Putting Yourself In Harm's Way!

Maintaining Safety

- The location may quickly become unsafe. Don't be the next patient!
- Maintain awareness around you for signs of ongoing danger like:
 - Smoke
 - Traffic
 - Downed wires
 - Broken glass
 - Falling debris
 - Other hazards
- Know where you can go to quickly relocate (Have an exit plan).
- If possible, wear gloves and a mask. Put something between your hands and the bleeding wound.
- Follow the instructions of emergency responders.

Calling for Help Early is Essential!

*How to call for help and **what** to say...*

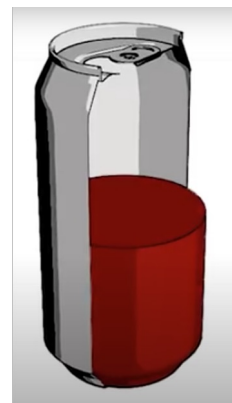
Calling 911

- Apply pressure immediately. Do not delay!
- Tell someone to call 911 right away.
- Clearly describe where the bleeding person is located.
- If no one else can call, use the speakerphone if safe to do so. Simultaneously help the injured person.
- Don't hang up until the 911 operator tells you to.

Recognizing Life-Threatening Bleeding

Signs of Life-Threatening Bleeding

- Blood that is briskly and continuously
- Bleeding from loss of an extremity
- At least half the volume of a soda can blood pooling on the ground
- Bleeding in someone who is confused or unconscious



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Video: Understanding Volume and Flow

Video:
Understanding Volume and Flow



**STOP THE
BLEED
COALITION**

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in YouTube](#)

Is This Bleeding Life-Threatening?

- At least half the volume of a soda can blood pooling on the ground
- Blood that is brisk and continuous
- Bleeding from loss of an extremity
- Bleeding in someone who is confused or unconscious

Video:
Life-Threatening Hemorrhage



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Pressure Stops Bleeding!!

Pressure can be used anywhere on the body

Gloves

Wear gloves if possible.

If no gloves available, use a barrier, such as a plastic bag.

Gauze

Gauze should be placed into the wound.

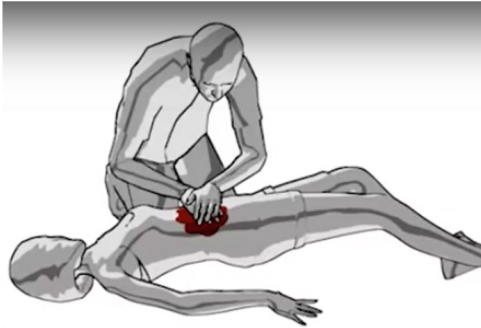
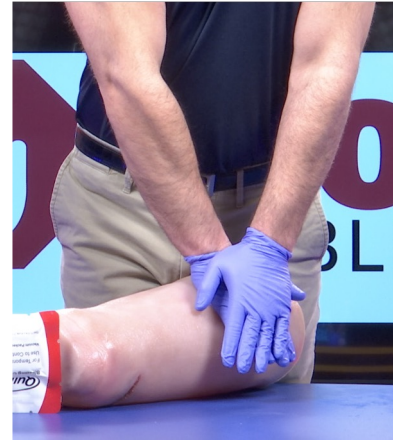
If no gauze available, use a (preferably) clean shirt or towel.

Pressure

Apply firm, continuous, steady pressure.

This can be done anywhere on the body.

Maintain pressure in the “CPR position” until help arrives.



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Video: How to Apply Pressure

Video:
How to Apply Pressure



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Video: Using a Shirt for Pressure

Video:
Using a Shirt for Pressure



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Video: Wound Packing Using Gauze

Video:
Wound Packing Using Gauze



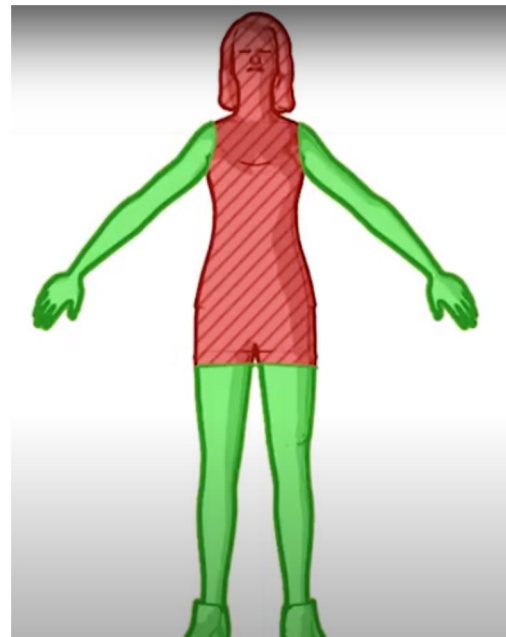
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Tourniquets for Life-Threatening Bleeding

First choice for life-threatening extremity bleeding

- First-choice treatment for life-threatening extremity (arm or leg) bleeding.
- Only use an effective commercial tourniquet (a list is available).
- If a commercial tourniquet is not available, hold direct pressure until responders arrive.
- Improvised tourniquets should only be used as a last resort. They are taught in more advanced courses.



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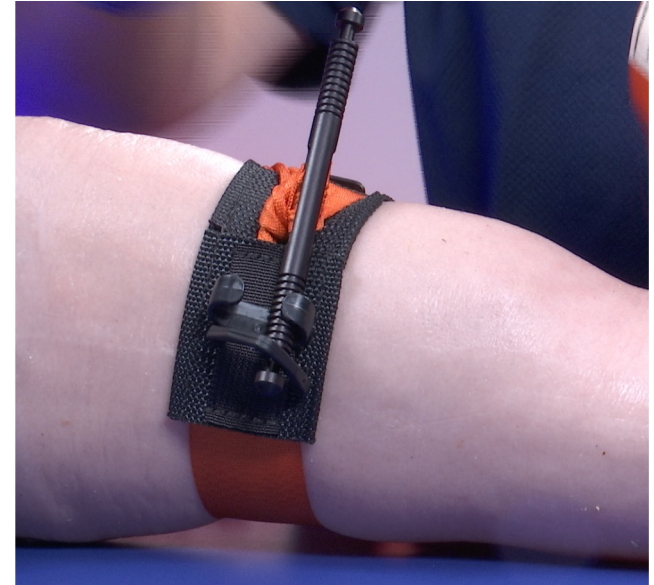
Tourniquet Application

- Apply at least 2" from the wound, between the wound and torso.
- Do not apply on top of the wound, or over a joint, or over a pocket.
- **Pull** the strap tightly until the slack is removed.
- **Twist** (spin) the windlass until bleeding stops.
- **Clip** (secure) the strap.



After Tourniquet Application

- If life-threatening bleeding continues, apply a second tourniquet, closer to the torso.
- Tourniquets cause pain, this is normal.
- Should only be removed by trained personnel.



Video: Tourniquet Application

Video:
Tourniquet Application



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Things to Know About Tourniquets



SOF Tourniquet (SOF-T)

**Recommended
Commercial
Tourniquets**



**SAM Extremity Tourniquet
(SAM-XT)**



**Combat Application Tourniquet
(CAT) Generation 6 & 7**

Caution:

- Don't use "knock-off" inexpensive tourniquets.
- Only purchase approved equipment from trusted sources.
- All products bearing the **STOP THE BLEED®** logo meet DoD quality standards.

Summary - Essentials of STOP THE BLEED®

Empowers people to take action to minimize death from severe bleeding.

Assess the **volume** and **flow** of the blood to identify life-threatening bleeding.

Pressure stops bleeding and should be held continuously until help arrives.

Tourniquets should be used for life-threatening bleeding on the arms or legs.

**What does the
STOP THE
BLEED® brand
mean?**

Quality

To make sure it works
if ever needed.

**The DoD licenses
organizations to
sell STOP THE
BLEED® kits.**



**Medical
equipment that is
military grade,
reliable and
effective.**



DoD approved medical devices



Tourniquet



Hemostatic Gauze



Compression Bandage



1 Pair of Protective
Gloves



Permanent Marker

Optional Items:

- Scissors
- Blanket



- Many STOP THE BLEED® kits contain special hemostatic gauze.
- These products are specially designed to help blood clot faster.
- It is important to apply direct pressure after the gauze is placed in the wound for it to work.



- Some STOP THE BLEED® kits contain adhesive dressings for wounds on the chest or torso.
- Chest seals allow air to escape from the wound but not enter the wound.
- If the injured person's breathing is worsening after a chest seal is applied, we recommend removing it.



Where can I find STOP THE BLEED® Equipment?





Stop the Bleed Coalition



An IRS approved, tax exempt,
501(c)3 charitable organization.

Formed with a mandate to
support STOP THE BLEED®.

The only nonprofit organization
with that singular purpose.



- Training Resources
- Product Information
- Campaign News
- STOP THE BLEED® Legislation
- How to start a STOP THE BLEED® Program
- STOP THE BLEED® Licensing Program
- STOP THE BLEED® Grants and Scholarships
- STOP THE BLEED® Ambassador Program



STOP THE BLEED[®] Day

The day where we bring focus to the STOP THE BLEED[®] and engage people from around the world to take action.

STOP THE BLEED[®] continues to grow substantially to achieve its goal of training 200 million people to stop traumatic bleeding.



STOP THE BLEED[®] Day
Raise your Hand



STOP THE BLEED[®]
Time to Train + Trainathon



STOP THE BLEED[®]
Scholarship Program



STOP THE BLEED[®]
Grant Program



Thank You for joining the millions of people who have raised their hand and are ready to help in a bleeding emergency!



STOP THE BLEED® is a registered trademark of the U.S Department of Defense.

Acknowledgement

Thank you to the National Center for Disaster Medicine and Public Health,
Uniformed Service University, whose support made this translation possible.



Advancing the Nation's Medical and Public Health Readiness for Disasters