



STOP THE BLEED



STOP THE BLEED® is one of our nation's largest public health campaigns. Its goal is to save lives by training people across the country on how to stop traumatic bleeding. Uncontrolled bleeding is the most common cause of preventative deaths from trauma. May 25th is STOP THE BLEED DAY and aims to educate people about the basic skills necessary to control bleeding from accidents and injuries.

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, therefore it is important to quickly stop the blood loss. Those nearest to someone with life threatening injuries are best positioned to provide first care.

Save a Life

What everyone should know to stop bleeding after an injury

Ensure your safety.

Assess the scene and call 9-1-1 as soon as possible

Look for life-threatening bleeding.

If blood is flowing continuously, squirting or pooling, take action immediately

Is a trauma first-aid kit available?

All DJUDS sites have a blue trauma bag located in the nurse's office which contains tourniquets and other bleeding control supplies

NO

Use any clean cloth and apply steady pressure directly on the wound

YES

ARM or LEG

Where is the wound?

NECK, SHOULDER, TORSO, or GROIN

Is a tourniquet available?

YES

Apply tourniquet above the bleeding site and tighten until the bleeding stops

NO

Pack the wound with gauze (use hemostatic gauze if able) or any clean cloth. Apply steady direct pressure

How to apply a tourniquet

In a severe bleeding and life-or-death emergency, properly using a tourniquet can stop bleeding and keep an injured person stable until they can receive medical care. Tourniquets are only for limb injuries. Tourniquets cannot be used for injuries to the head or torso.

1 Stop the bleeding

Apply direct pressure to the wound. If bleeding does not stop you will need to use a tourniquet.



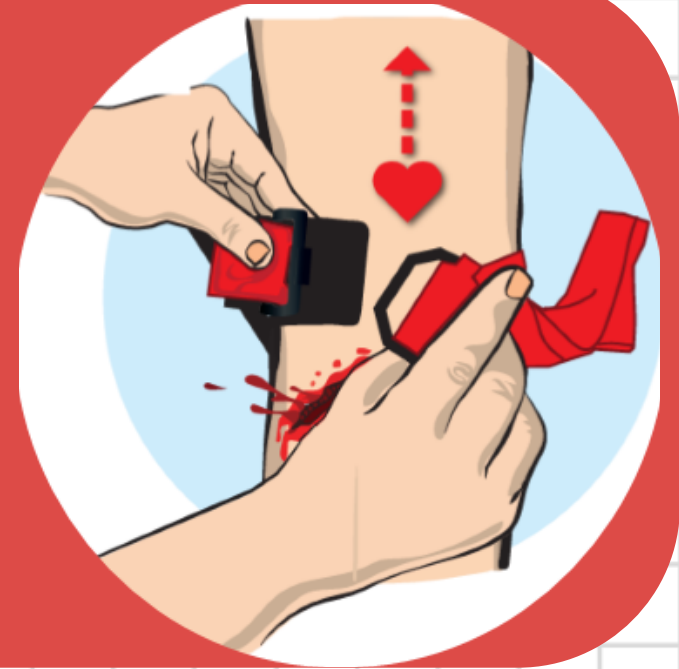
2 Apply the tourniquet

Place a tourniquet at least 2-3 inches above the wound. The tourniquet may be applied over clothing.



3 Adjust the tourniquet

Do not apply tourniquet over a joint, such as the elbow, knee, wrist or ankle.



4 Manually tighten the tourniquet

Pull firmly on the strap and tighten as much as possible.



5 Use the windlass to tighten the tourniquet

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



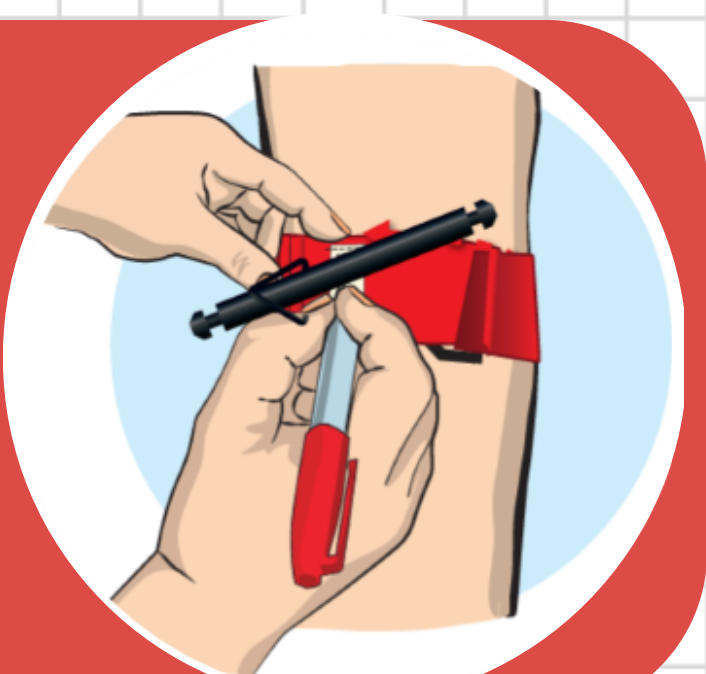
6 Secure the windlass rod

Using the windlass clip, secure the rod so that it does not unwind. Secure with velcro strap if there is one.



7 Make a note the time

Note the time that the tourniquet was applied.



Want to learn more?

Visit:

stopthebleed.org

dhs.gov/stopthebleed

Find a training near you at

<https://cms.bleedingcontrol.org/class/search>

Online and in-person classes available