

Start Here !



- ***Welcome to Stop The Bleed training!***
- ***Everyone can do this training***
 - ***Employees, family, friends***
- ***Physicians, nurses and other health professionals -- become instructors***

First, do “Self Study” posters or packet

- Answer questions on “open book” test

Next, do “Check Out” Station with an instructor

- Get your written test graded
 - need 100% correct
 - go fix any incorrects
- ***Demonstrate direct pressure***
- ***Demonstrate wound packing***
- ***Demonstrate tourniquet application***

Lastly, complete Evaluation Form

Getting trained is that easy! Thank you!

Introduction



SAVE A LIFE



AMERICAN COLLEGE OF SURGEONS
Inspiring Quality,
Highest Standards, Better Outcomes



THE
COMMITTEE
ON TRAUMA



BLEEDINGCONTROL.ORG

Who: Train citizens/ bystanders to be “Immediate Responders”

What: Learn to stop life-threatening bleeding

Why: *People bleed to death before EMS ambulance arrival*

When: Immediately

Where: Accidents on the road, at work, and at home
Scenes of violence including

- Intentional Mass Casualty Incidents
- Shootings, bombings, stabbings

How: Pressure techniques to stop the blood coming out

Bleeding: Sites and Severity

Examples of Life Threatening Bleeding

- Blood is spurting out!
- Blood won't stop coming out!
- Blood pooling on ground!
- Blood soaking through clothing!
- Blood soaking through bandages!
- Loss of body part
- Bleeding victim dazed or unconscious

Minor Bleeding

Small amount, easy to stop or stops on its own

Major External Bleeding

Arms and Legs

Most preventable bleeding deaths involve extremities

Key focus of this training

Direct pressure and tourniquets

"Junctional" wounds

Groin, under arm, neck

Direct pressure and packing

Tourniquets don't work at these sites

Head/Scalp

Direct pressure only

Internal Bleeding

Inside chest, abdomen, back

Can't see it

Can only be treated in hospital

Transport to hospital as fast as possible

What to do at the scene:

Ensure own safety!

Do NOT enter danger zone

Call 9-1-1

Active Killer: Run, Hide, Fight!

Run: Escape if possible, run crooked line

Hide: Cover/shield self. Turn off lights
Cell phones on, but silenced
Lock doors/ barricade with furniture
Bind door handles and door closers

Fight if you must:

Use blunt objects, fire extinguisher,
Steaming hot coffee, group force, etc.

Police Arrival:

Be still, be quiet

Put your hands up high with fingers spread
(unless you are holding pressure on bleeding)

Make it obvious you are not the threat!

Obey officers

How to Stop Bleeding:

The *essential* thing to know is:

Apply direct pressure,

and if that isn't enough,

apply a

tourniquet!

Direct Pressure

The task is to

press down hard directly on the bleeding site
to stop the blood from coming out

Expose the bleeding site

-Cut or remove clothing to see origin

Press gauze or other cloth on wound, hard!
Keep maintaining that pressure!

Use gloves, gauze, or other dressings if available
If necessary, use piece of clothing, a towel, anything!

Caution:

Use cloth but not so much bulk that the pressure is ineffective
or simply hiding ongoing blood loss.

Assume it will bleed more if you let the pressure off.

You have to keep holding pressure manually, or apply a pressure
bandage to maintain the pressure.

(Pressure bandage is next topic)

Applying an effective

Pressure Bandage: Wrap tightly!

- Wrap bandage tight enough to match the direct pressure you were applying by hand
- Most useful for arms & legs
- If still bleeding, must apply tourniquet

Special cases:

Wound packing

- Most useful for groin and under arm (where you can't apply a tourniquet)
- Push gauze deep down into wound
- Use clot-promoting gauze if available
- Must still apply external direct pressure!
 - (On very rare occasion a life has been saved by sticking a finger into a spurting stab wound or gunshot wound)
 - (Do not pack head wounds, use external pressure only)

Using a Tourniquet

- Apply about 3” above wound
- Apply *immediately* to life-threatening bleeding from an arm or a leg
 - A tourniquet can be applied over clothing to avoid wasting time

- **Tighten until bleeding stops**

Properly applied tourniquets cause pain

Explain to victim:

“I must do this to stop your bleeding, it will hurt, *a lot*”

- Avoid knee and elbow joints
 - Structure of the joint may prevent compression of the blood vessels
- If bleeding is not controlled by applying the initial tourniquet, apply a second one just above the first

Summary: Act fast! Apply “high and tight”!

Tourniquet teaching points:

NEVER remove a tourniquet

NEVER loosen a tourniquet

These steps are only done by or at the direction of a physician

Commercially manufactured tourniquets are much more effective than makeshift tourniquets

-The Hartford Consensus calls for widespread public availability of tourniquets and bleeding control kits

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Old myths to dispel:

“Never use a tourniquet”

-This once-taught philosophy has been proven wrong.

“Periodically loosen a tourniquet to allow blood flow”

-This only causes additional blood loss.

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Tourniquet mistakes to avoid:

- Too loose

A tourniquet which isn't tight enough can actually increase blood loss by compressing the veins but not the arteries

- Too late

Don't hesitate, blood is being lost

Watch these videos in your phone now



The Cast of "Code Black" TV show PSA



<https://youtu.be/Zlvl5qh-cGQ>

Dr Lenworth Jacobs' Hartford Consensus
Tourniquet Application video



<https://youtu.be/y81aJ81ln5Q>

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