



STOP
THE BLEED[®]

SAVE A LIFE

STOP THE BLEED[®] Course
American College of Surgeons

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Version 2

STOPTHEBLEED.ORG



THE
COMMITTEE
ON TRAUMA

ACS AMERICAN COLLEGE
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COMMITTEE
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QUALITY PROGRAMS
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**The American
College of Surgeons
Committee on
Trauma**



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**The National
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Technicians**



**The Committee
on Tactical
Combat
Casualty Care**

Some of the **images shown during this presentation may be disturbing to some people.**

Why Do I Need This Training?

**The #1 cause of preventable
death
after injury is **bleeding**.**

Where Can I Use This Training?



Goals

1. Identify

Recognize
life-threatening
bleeding

2. Stop the Bleed

Take steps to
STOP THE BLEEDING

- ✓ **Pressure**
- ✓ **Packing**
- ✓ **Tourniquets**

Personal Safety

YOUR safety is **YOUR** first priority

- If you are injured, you cannot help others
- Help others only when it's **safe** to do so
- If the situation changes or becomes **unsafe**:
 - ✓ Stop
 - ✓ Move to safety
 - ✓ If you can, take the victim with you

Personal Safety

YOUR safety is **YOUR** first priority

- Wear gloves if you can
- If you get **blood** on you, be sure to clean any part of your body that the blood has touched
- Tell a health care provider that you got **blood** on you, and follow his or her direction

ABCs of Bleeding Control

A Alert 911

B Bleeding

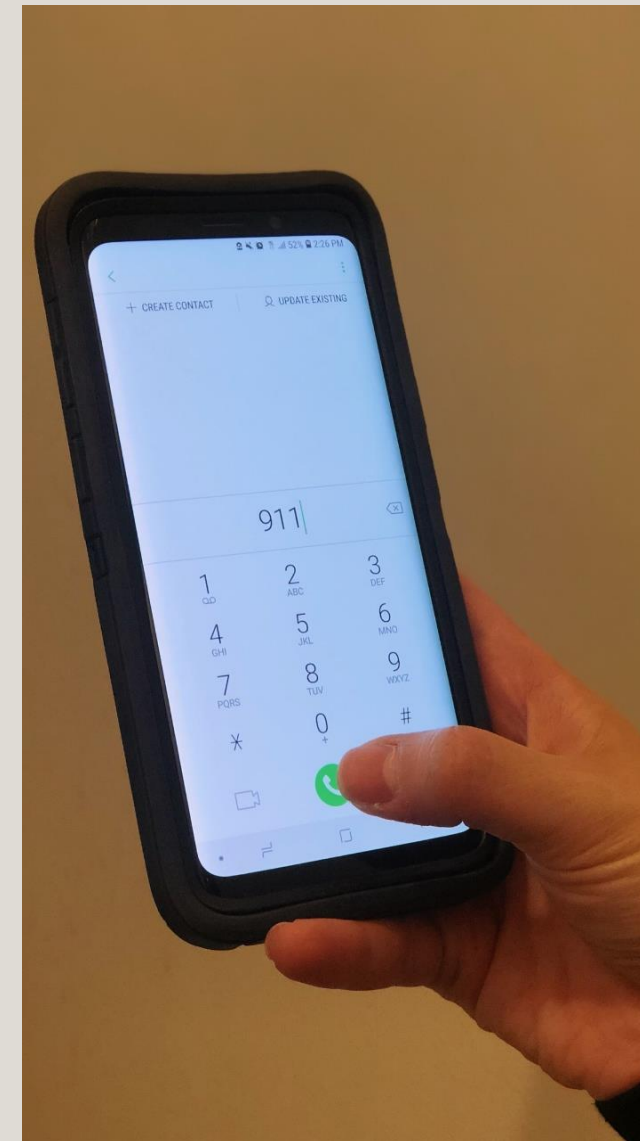
C Compress

ABCs of Bleeding Control

A Alert 911

B Bleeding

C Compress



ABCs of Bleeding Control

A Alert 911

- **Call 911**
- **Know your location**
- **Follow instructions provided by 911 operator**

ABCs of Bleeding Control

A Alert 911

B Bleeding

C Compress



ABCs of Bleeding Control

B Bleeding

- Find source of **bleeding**
- Look for:
 - ✓ Continuous **bleeding**
 - ✓ Large-volume **bleeding**
 - ✓ Pooling of blood

ABCs of Bleeding Control

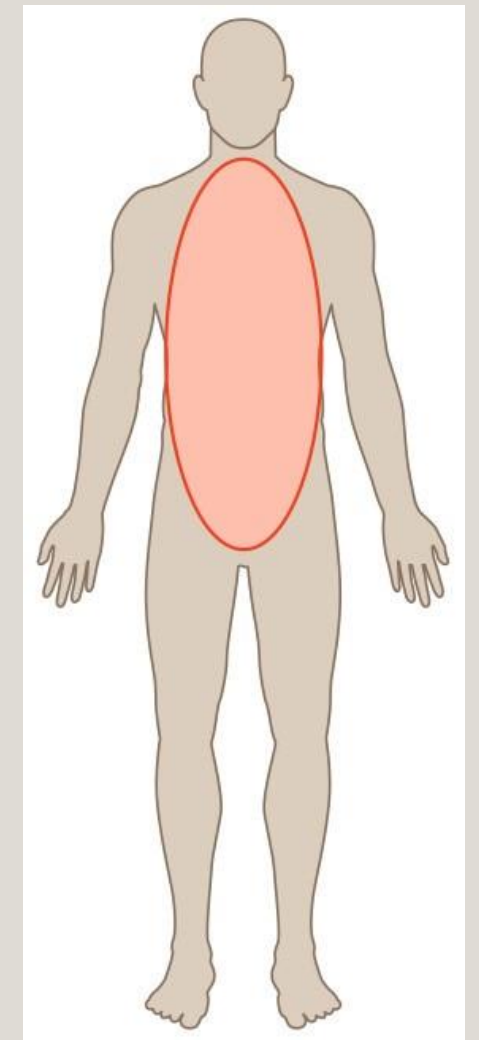
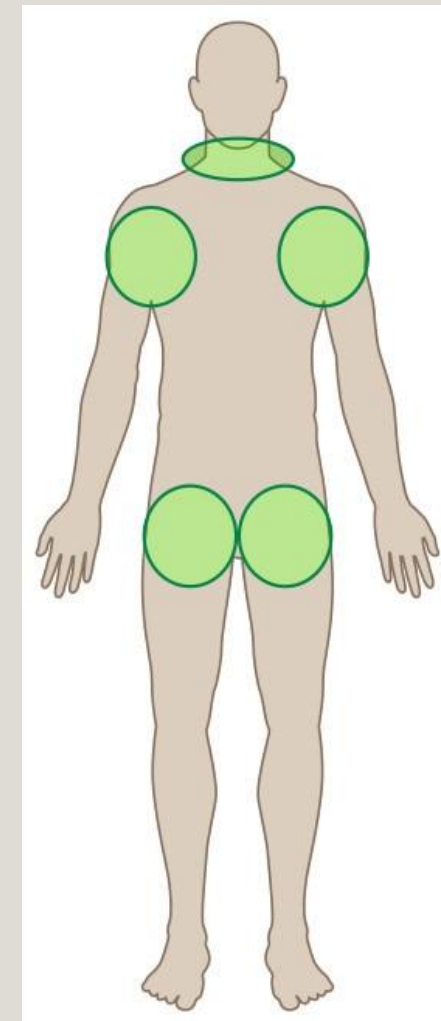
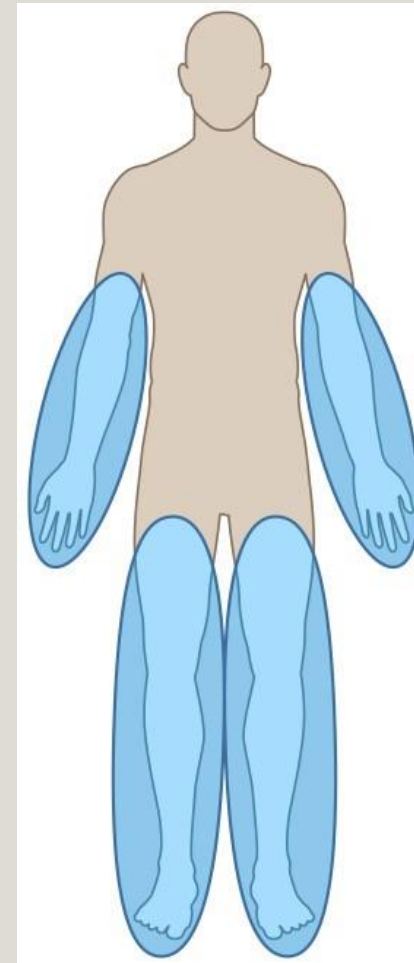
B Bleeding

- There may be multiple places the victim is **bleeding**
- Clothing may also hide **life-threatening bleeding**

ABCs of Bleeding Control

B Bleeding

- Arms and legs
- Neck, armpits, and groin
- Body



ABCs of Bleeding Control

A Alert 911

B Bleeding

C Compress - Pressure

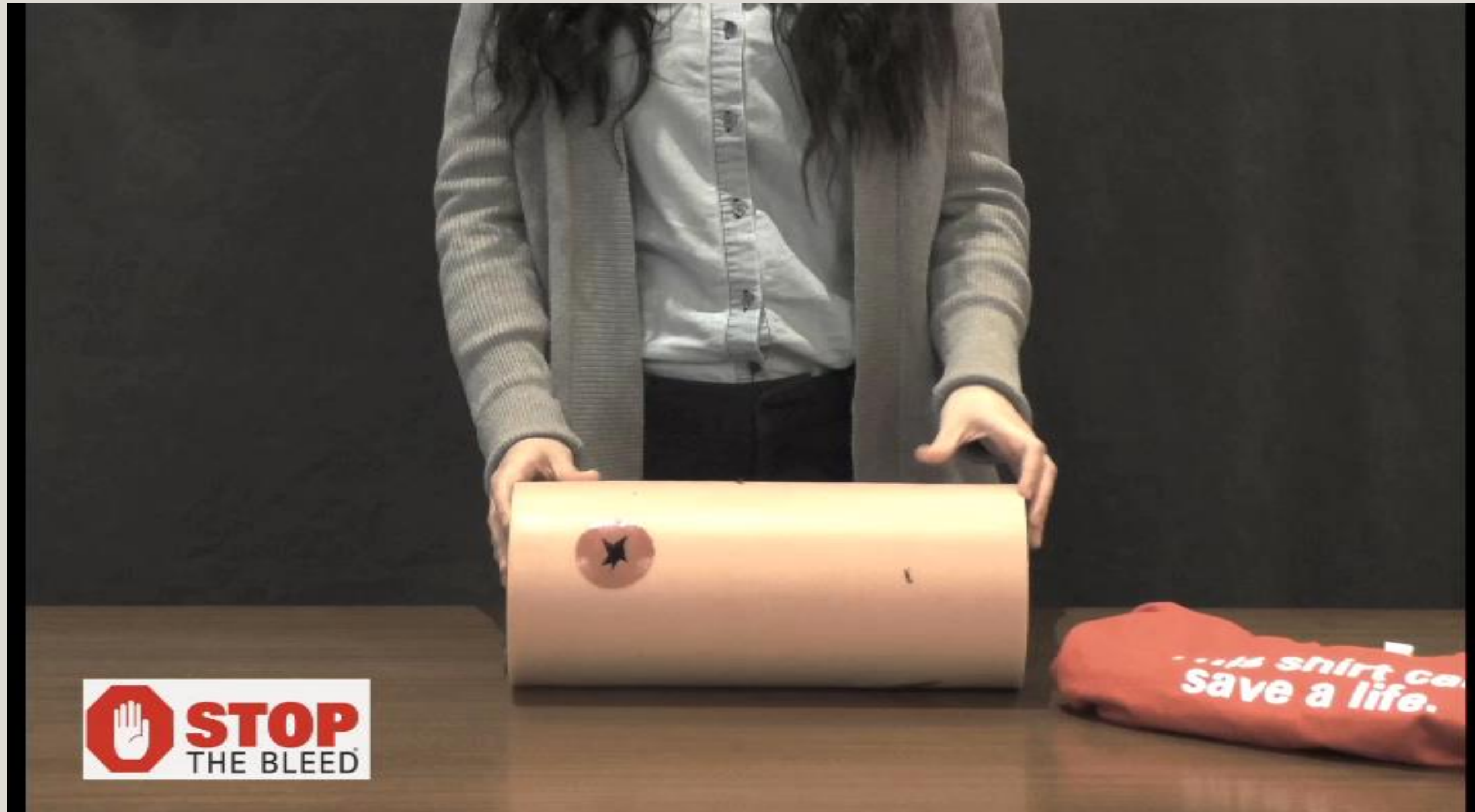


ABCs of Bleeding Control

C Compress - Pressure

- Apply direct pressure to wound
- Focus on the location of the **bleeding**
- Use just enough gauze or cloth to cover injury
- If pressure stops the **bleeding**, keep pressure on wound until help arrives

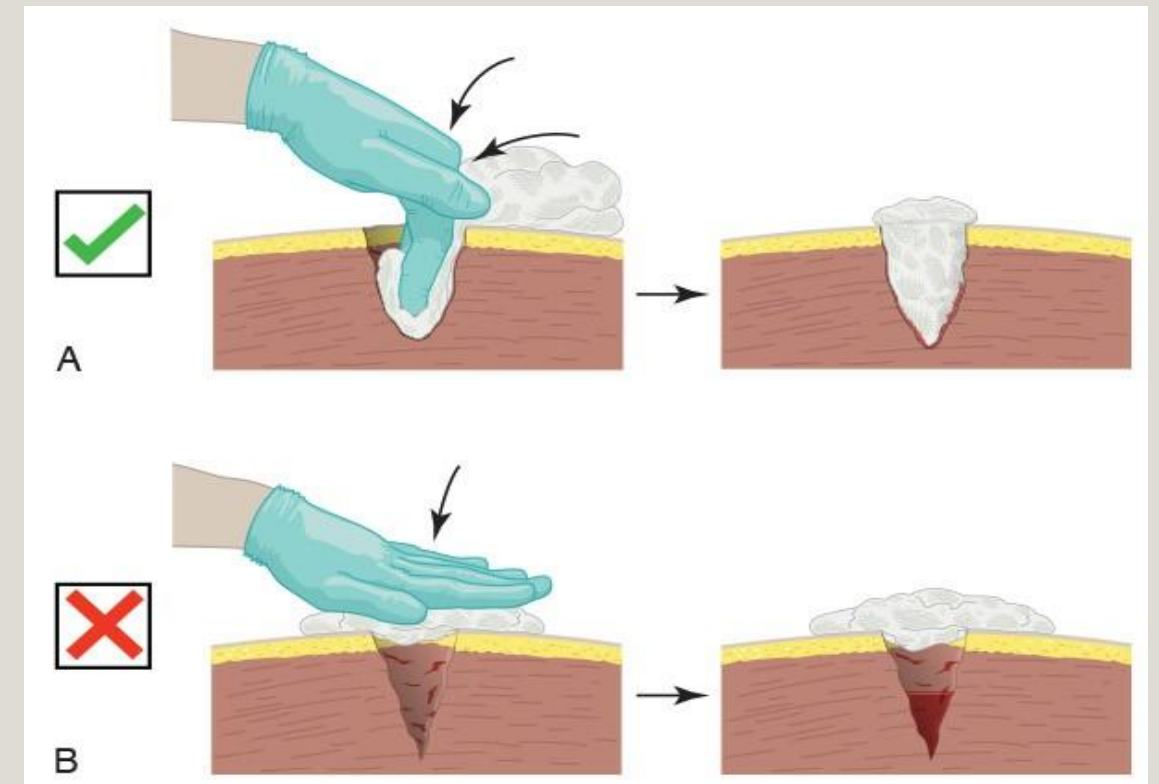
ABCs of Bleeding Control



ABCs of Bleeding Control

C Compress - Packing

- For large wounds, superficial pressure is not effective
- If **bleeding** is from a deep wound, pack gauze tightly into the wound until it stops the **bleeding**; hold pressure until help arrives



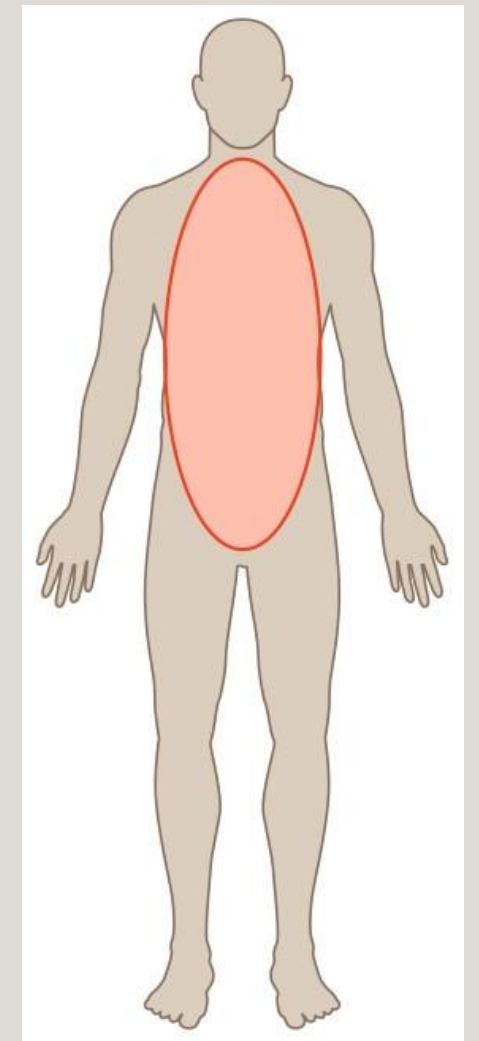
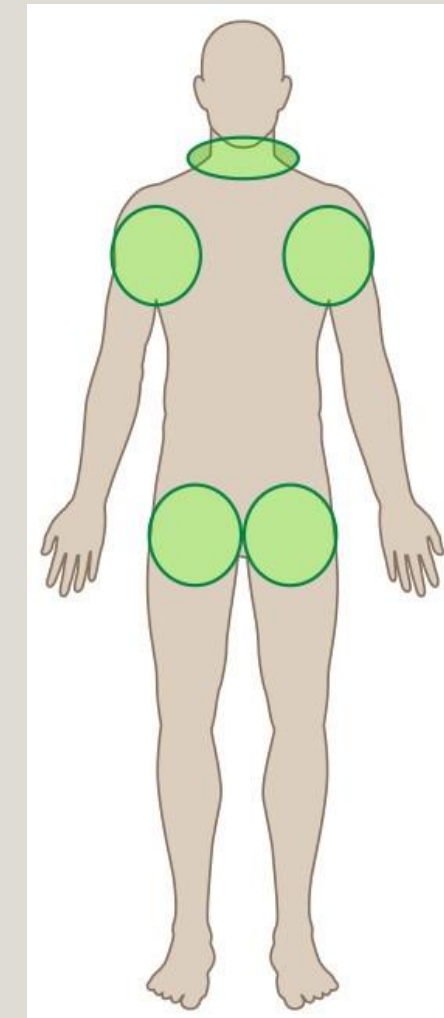
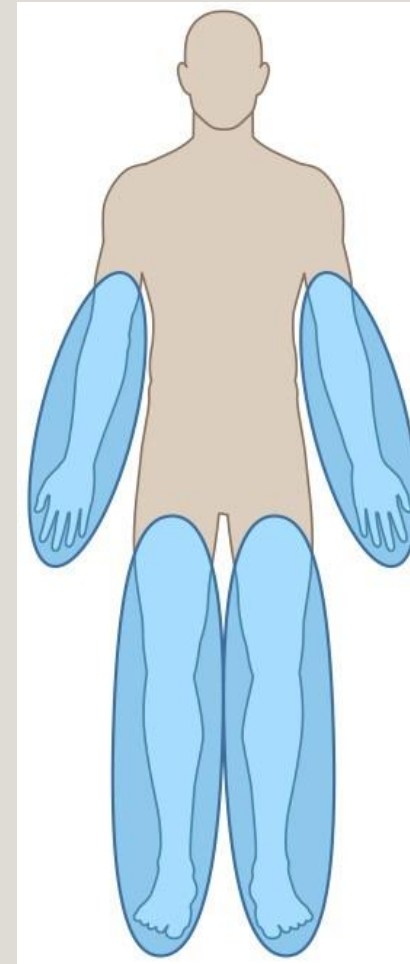
ABCs of Bleeding Control



ABCs of Bleeding Control

C Compress - Packing

- Arms and legs
- Neck, armpits, and groin
- Body



ABCs of Bleeding Control

C Compress - Tourniquet

- Apply 2 to 3 inches above wound
- Do not place over the elbow or knee
- Tighten tourniquet until **bleeding** stops
- Do NOT remove the tourniquet

ABCs of Bleeding Control

C Compress - Tourniquet

- Can apply to others or on yourself
- Can be applied over clothes
- Tourniquets HURT
- A second tourniquet may be required to stop the **bleeding**

ABCs of Bleeding Control



ABCs of Bleeding Control



ACS endorsed CoTCCC recommended tourniquets for STB

- **Combat Application Tourniquet (C-A-T)**
- **SOF Tactical Tourniquet–Wide (SOFTT-Wide)**

Bleeding control in children

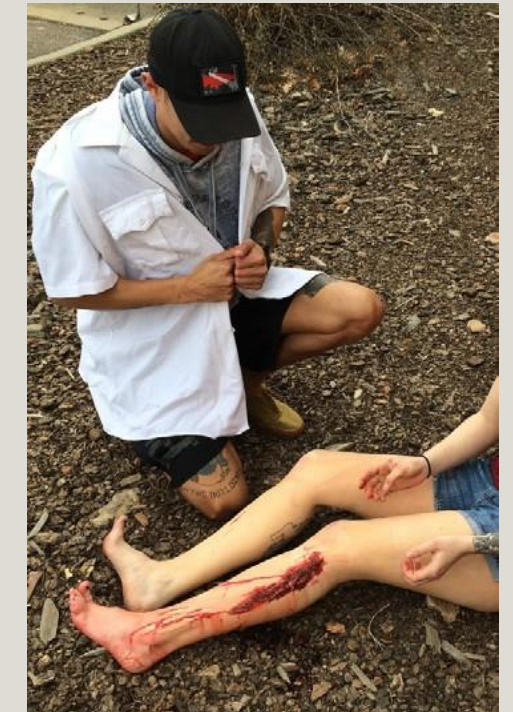
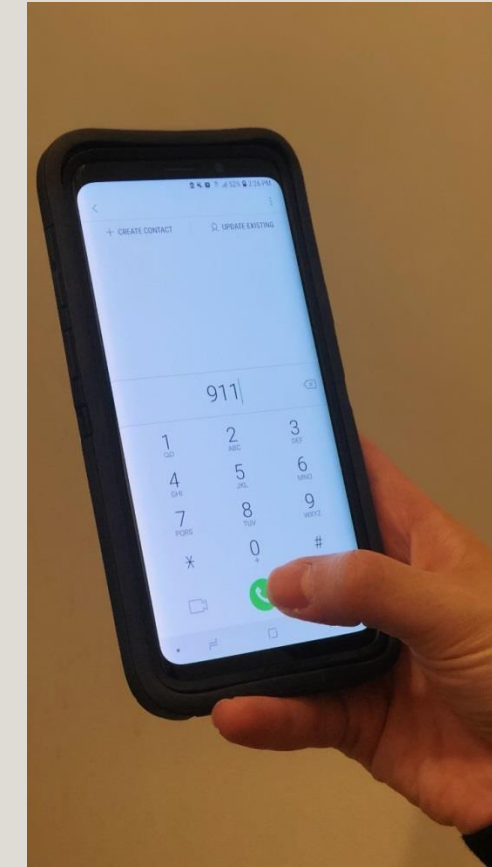
- **In all but the extremely young child, the same tourniquet used for adults can be used in children.**
- **For the infant or very small child (tourniquet too big), direct pressure on the wound as described previously will work in virtually all cases.**
- **For large, deep wounds, wound packing can be performed in children just as in adults using the same technique as described previously.**

FAQs

- **Impaled objects?**
- **Improvised tourniquets?**
- **Loss of arm or leg?**
- **Pain?**
- **Other questions?**

Summary

- ✓ **Personal safety**
- A Alert 911**
- B Find **bleeding****
- C Compress with pressure and/or packing**
- C Compress with a tourniquet**
- ✓ **Wait for help to arrive**



For more information:

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STOP
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**The only thing more tragic than a death...
is a death that could have been prevented.**