SAVE A LIFE

American College of Surgeons
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Highest Standards, Better Outcomes
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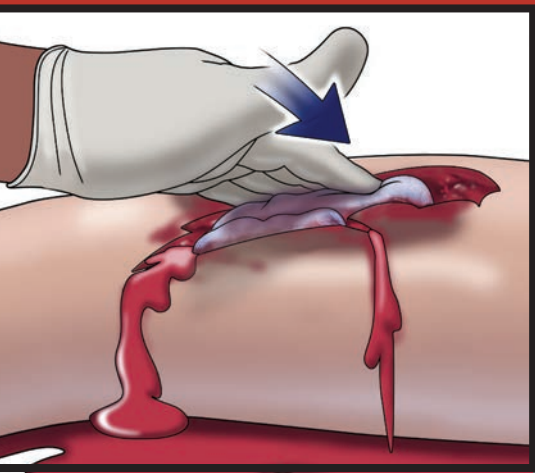
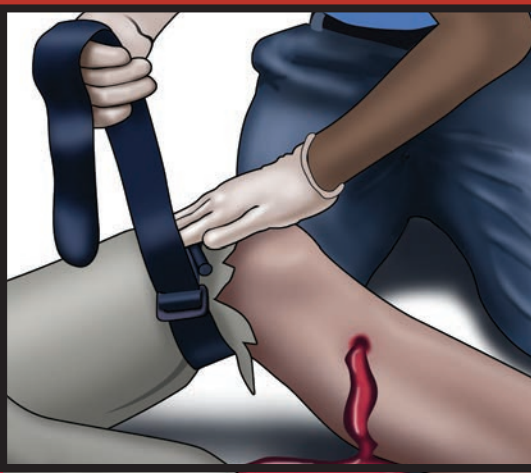
THE COMMITTEE ON TRAUMA

HARTFORD CONSENSUS™ SAVE A LIFE STOP THE BLEEDING

STOPTHEBLEEDING.COM

What Everyone Should Know to Stop Bleeding After an Injury







THE HARTFORD CONSENSUS

The Joint Committee to Increase Survival from Active Shooter and Intentional Mass Casualty Events was convened by the American College of Surgeons in response to the growing number and severity of these events. The committee met in Hartford Connecticut and has produced a number of documents with recommendations. The documents represent the consensus opinion of a multi-disciplinary committee involving medical groups, the military, the National Security Council, Homeland Security, the FBI, law enforcement, fire rescue, and EMS. These recommendations have become known as the Hartford Consensus. The overarching principle of the Hartford Consensus is that no one should die from uncontrolled bleeding. The Hartford Consensus recommends that all citizens learn to stop bleeding.

For information on Bleed Contol Kits: visit StopTheBleeding.com

SAVE A LIFE:
What Everyone Should Know to Stop Bleeding After an Injury

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CONTENTS

SECTION 1 3

- Introduction
- Primary Principles of Trauma Care Response
  - The ABCs of Bleeding

SECTION 2 5

- Ensure Your Own Safety

SECTION 3 6

- **A** – Alert – call 9-1-1

SECTION 4 7

- **B** – Bleeding – find the bleeding injury

SECTION 5 9

- **C** – Compress – apply pressure to stop the bleeding by:
  - Covering the wound with a clean cloth and applying pressure by pushing directly on it with both hands, OR
  - Using a tourniquet, OR
  - Packing (stuff) the wound with gauze or a clean cloth and then applying pressure with both hands

SECTION 6 13

- Summary

SECTION 1: INTRODUCTION

Welcome to the **Stop the Bleed: Bleeding Control for the Injured** information booklet. Injury results from a wide variety of causes, including accidents or intentional harm, and in a wide variety of locations, such as your home or workplace. It is important that as many people as possible survive their injuries if they sustain trauma.

Uncontrolled bleeding is the number one cause of preventable death from trauma. The greater the number of people who know how to control bleeding in an injured patient, the greater the chances of surviving that injury. You can help save a life by knowing how to stop bleeding if someone, including yourself, is injured.

In this booklet, you will 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.

"Uncontrolled bleeding is the number one cause of preventable death from trauma."

PRIMARY PRINCIPLES OF TRAUMA CARE RESPONSE

- Ensure your own safety
- 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.

We will go over each of these points as we go through this booklet.

A: Alert ■ B: Bleeding ■ C: Compress

SECTION 2:
ENSURE YOUR OWN SAFETY

- 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

SECTION 3:
A ALERT – CALL 9-1-1



- Get help
  - Call **9-1-1** yourself,

  OR
  - Tell someone to call **9-1-1**

- This will notify emergency medical responders and, depending on the situation, police officers to respond to the scene



SECTION 4:
B BLEEDING

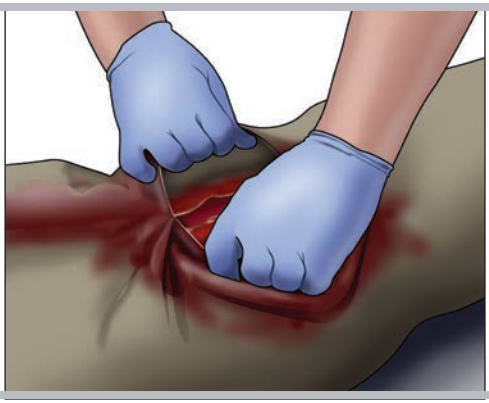
B

- Find the source of bleeding

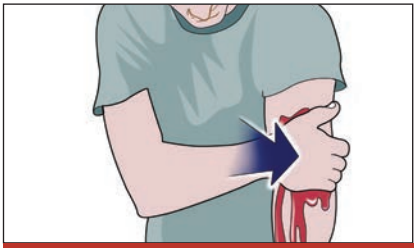


- Open or remove the clothing over the wound so you can clearly see it
- Look for and identify “life-threatening” bleeding

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.



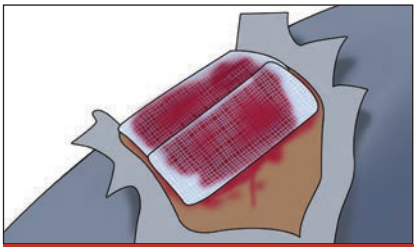
Blood that won't stop coming out of the wound



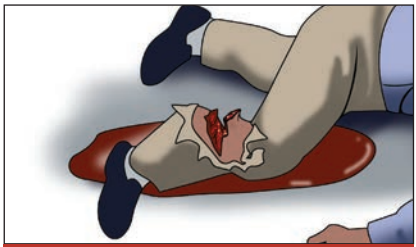
Blood that is pooling on the ground



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

SECTION 5:
C COMPRESS

KEY POINT: ***There are a number of methods that can be used to stop bleeding and they all have one thing in common – compressing a bleeding blood vessel in order to stop the bleeding.***

- 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 *(see page 10)*
- 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 *(see page 11)*
  - **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 *(see page 12)*

We will discuss each of these actions in more detail in the next few pages.

DIRECT PRESSURE ON A WOUND



1. Take any clean cloth (e.g. shirt) and cover the wound
2. If the wound is large and deep, try to “stuff” the cloth down into the wound



3. Apply continuous pressure with both hands directly on top of the bleeding wound
4. Push down as hard as you can
5. Hold pressure to stop bleeding. Continue pressure until relieved by medical responders

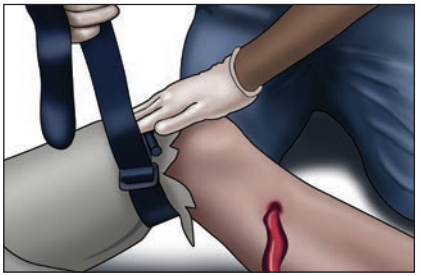
APPLYING A TOURNIQUET

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

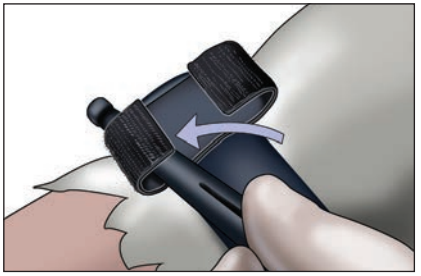
1. Wrap the tourniquet around the bleeding arm or leg about 2 to 3 inches above the bleeding site *(be sure NOT to place the tourniquet onto a joint – go above the joint if necessary)*

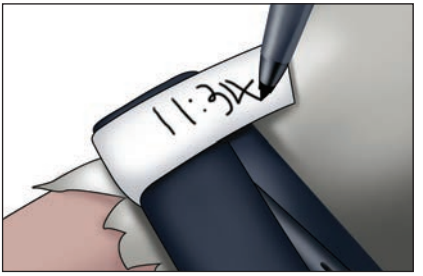




2. Pull the free end of the tourniquet to make it as tight as possible and secure the free end

3. Twist or wind the windlass until bleeding stops





4. Secure the windlass to keep the tourniquet tight

5. Note the time the tourniquet was applied

Note: A tourniquet will cause pain but it is necessary to stop life-threatening bleeding.

WOUND PACKING AND DIRECT PRESSURE

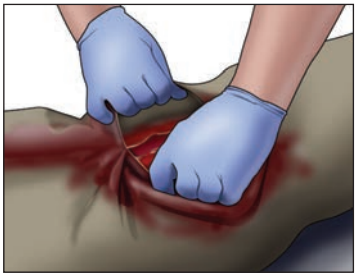
If you do have a trauma first aid kit:

For life-threatening bleeding from an arm or leg and a tourniquet is **NOT** available

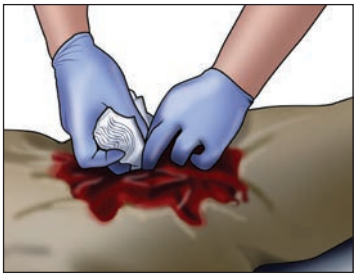
OR

For life-threatening bleeding from the neck, shoulder or groin:

- Pack (stuff) the wound with bleeding control gauze (also called hemostatic gauze), plain gauze, or a clean cloth and then apply pressure with both hands.



1. Open the clothing over the bleeding wound
2. Wipe away any pooled blood

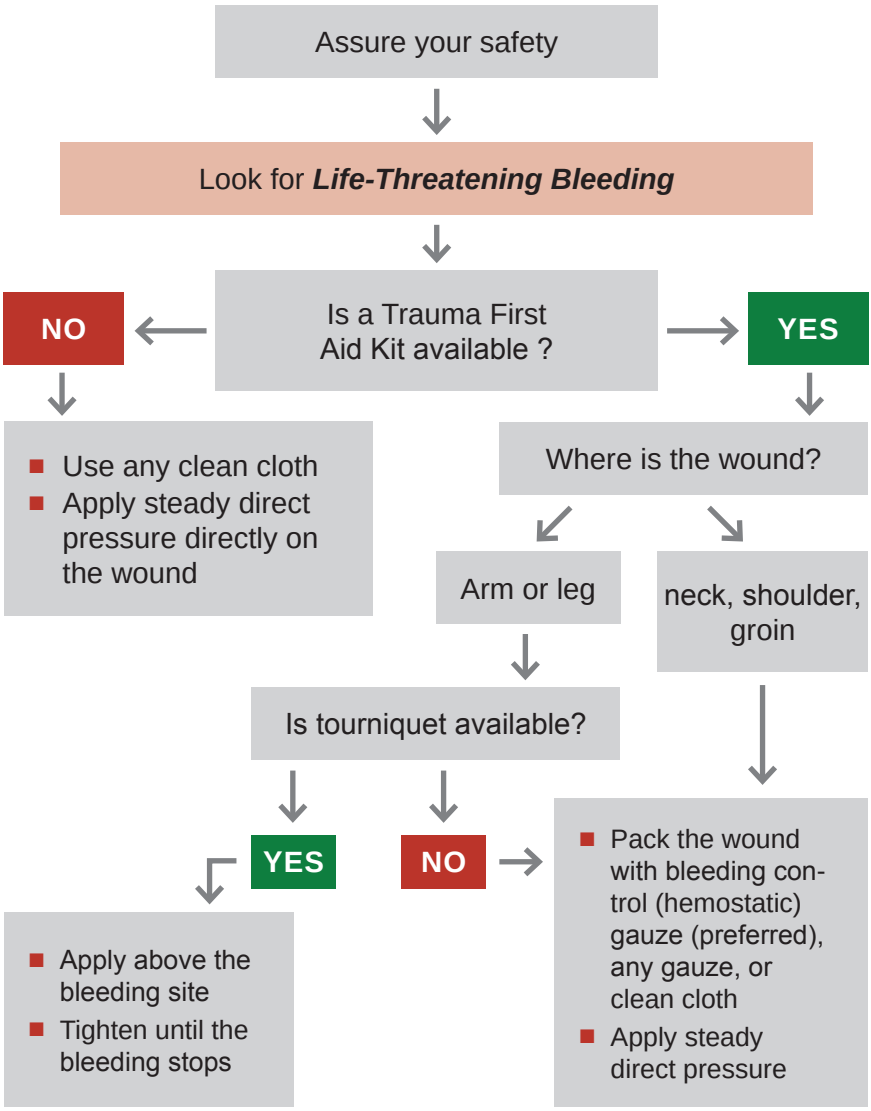


3. Pack (stuff) the wound with bleeding control gauze (preferred), plain gauze, or clean cloth.



4. Apply steady pressure with both hands directly on top of the bleeding wound
5. Push down as hard as you can
6. Hold pressure to stop bleeding. Continue pressure until relieved by medical responders.

SECTION 6: SUMMARY



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The only thing more tragic than a death from bleeding…
IS A DEATH THAT COULD HAVE BEEN PREVENTED.

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.

Use of the equipment and the training does not guarantee that all bleeding will be stopped or that all lives will be saved.

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Stop Heart Attack
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Bleed Control Kits and Accessories



Design your own kit

- Combat Gauze Z fold LE or PA
- Mini Compression Bandage
- SWAT Tourniquet
- CAT Tourniquet
- Vacuum Sealed or Bag



Basic Kit (Vacuum Sealed)

- 1 Quik Clot 4ft Rolled Gauze
- 1 SWAT Tourniquet
- 1 Mini Compression Bandage
- 1 Pair Gloves
- 1 Mini Sharpie

Premium Kit (Vacuum Sealed)

- 1 Quik Clot Combat Gauze Z fold
- 1 CAT Tourniquet
- 1 Pair Gloves
- 1 Mini Compression Bandage
- 1 Mini Sharpie

Premium Plus Kit

- 1 Quik Clot Combat Gauze Z fold
- 1 CAT Tourniquet
- 1 Pair Gloves
- 1 Mini Compression Bandages
- 1 Mini Sharpie
- 1 Premium Bag

Cabinet's



3-4 Bleed



Mass Casualty



Did you know

Uncontrolled hemorrhage is the most preventable cause of deaths in the United States?

in fact

Studies show up to **50%** of combat fatalities and **80%** of civilian trauma fatalities are due to uncontrolled hemorrhage from an extremity.

Mass Casualty Bag

- 8 Combat Gauze Z fold
- 8 CAT Tourniquets
- 8 Pair Gloves
- 8 Mini Compression Bandages
- 8 Mini Sharpies
- 1Shoulder Bag Included