



**SAVE A LIFE**

# STOP THE BLEED® Course American College of Surgeons

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Version 2



**STOPTHEBLEED.ORG**



THE  
**COMMITTEE**  
ON **TRAUMA**



**100+years**

AMERICAN COLLEGE OF SURGEONS

*Inspiring Quality:  
Highest Standards, Better Outcomes*

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THE  
**COMMITTEE**  
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QUALITY PROGRAMS  
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OF SURGEONS

**The American  
College of Surgeons  
Committee on  
Trauma**



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# 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

- **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

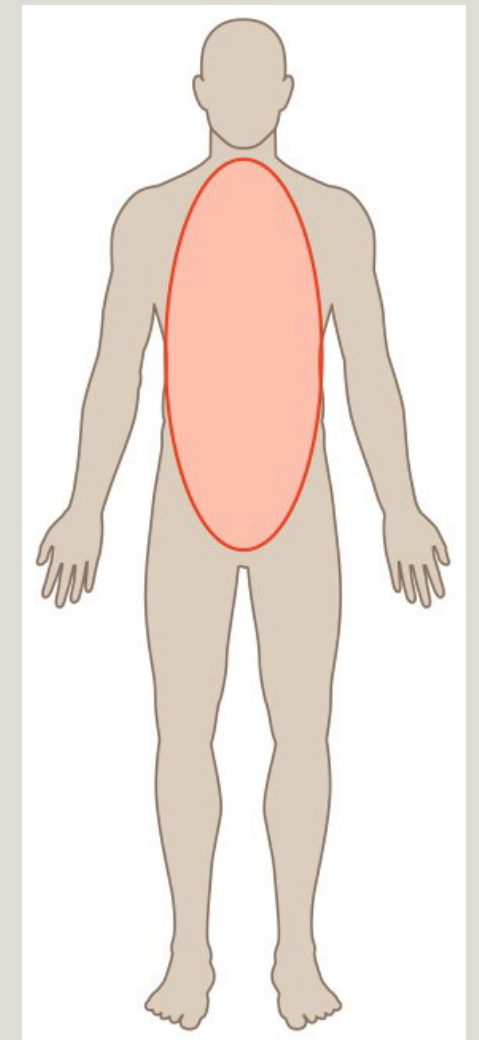
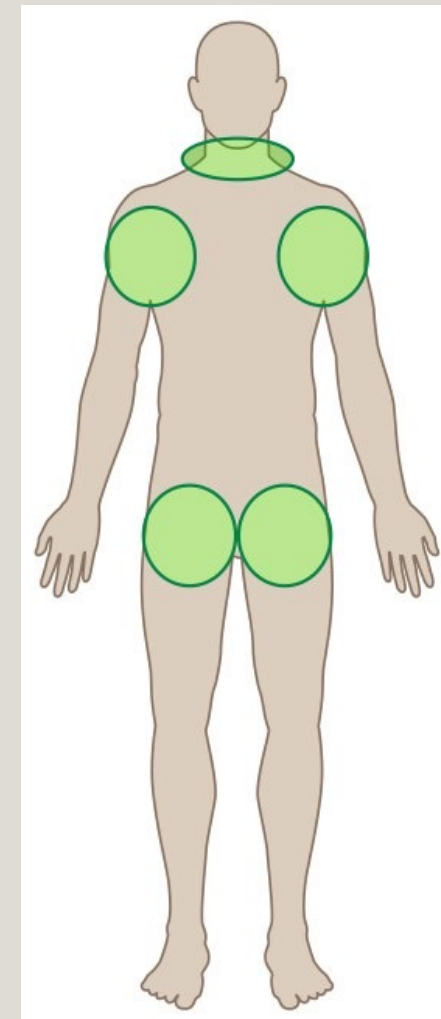
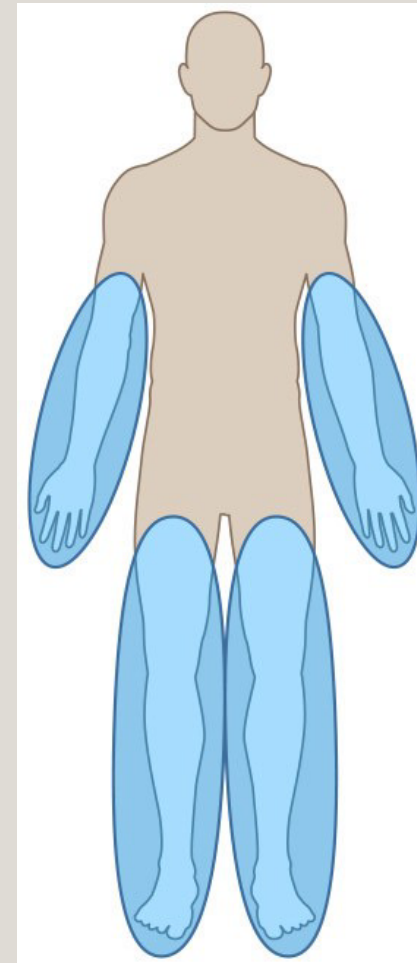
## B Bleeding

- 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

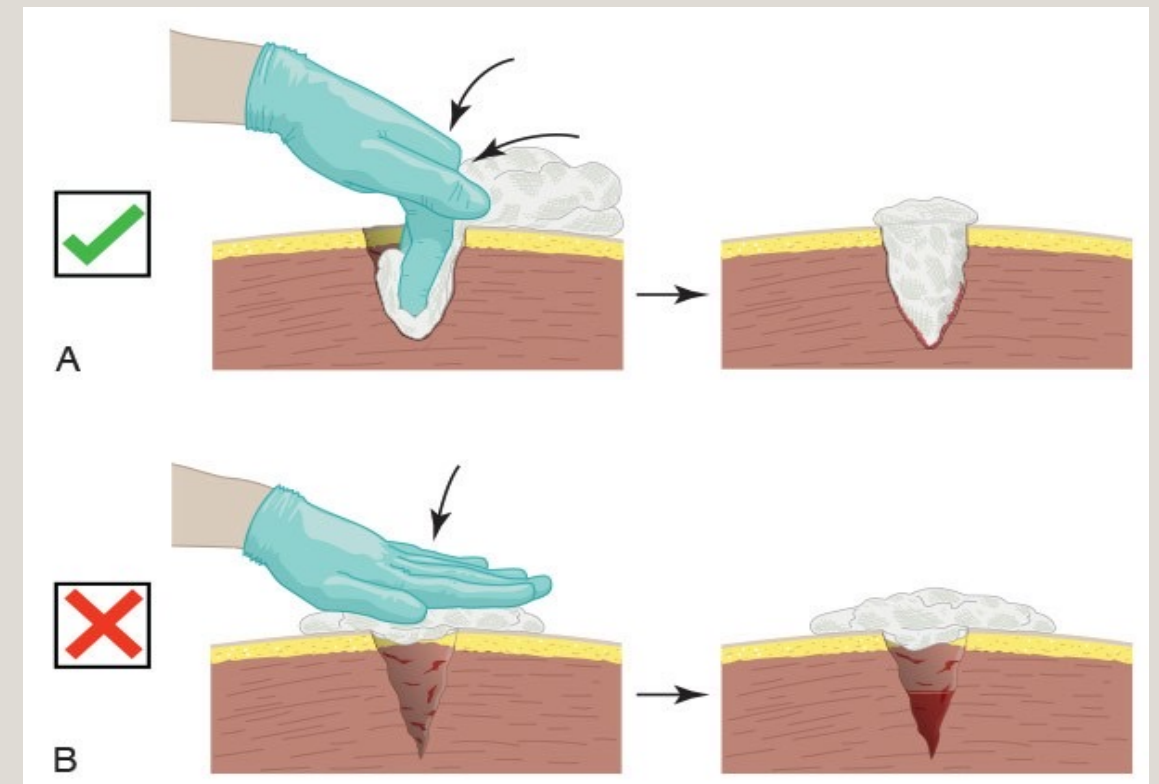
## C Compress - Pressure

- 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

## 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

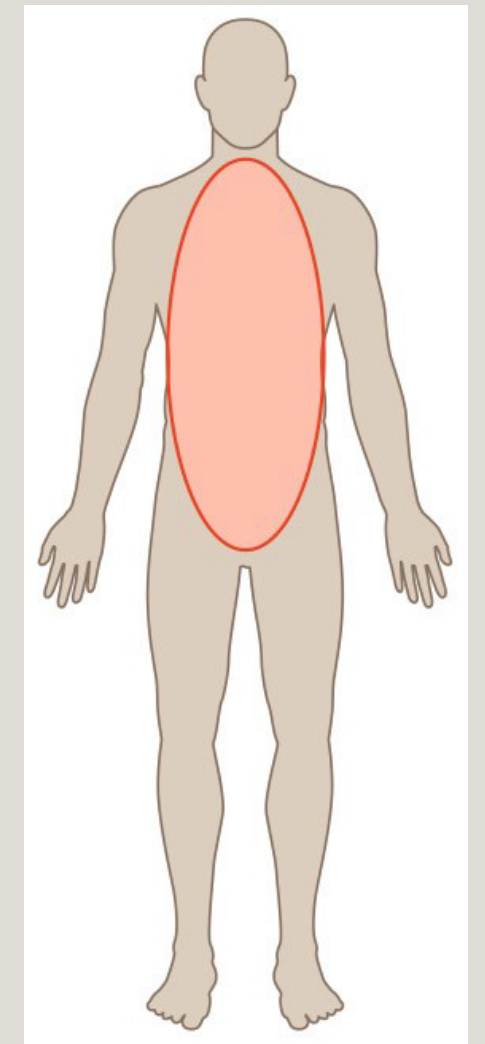
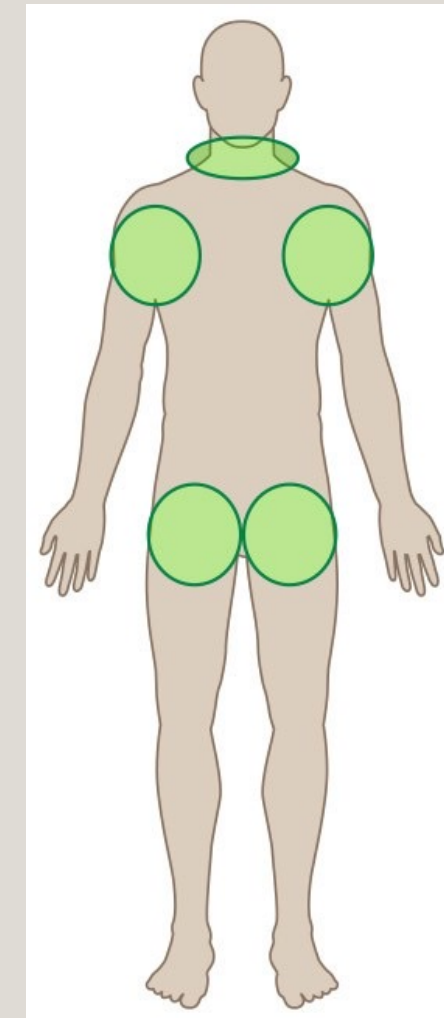
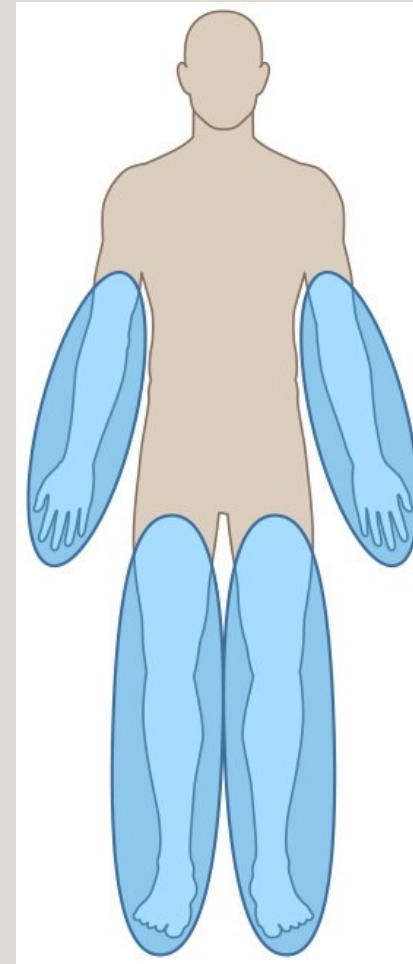




# ABCs of Bleeding Control

## C Compress - Packing

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



# ABCs of Bleeding Control

## C Compress - Tourniquet

- Apply at junction 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



# 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.**

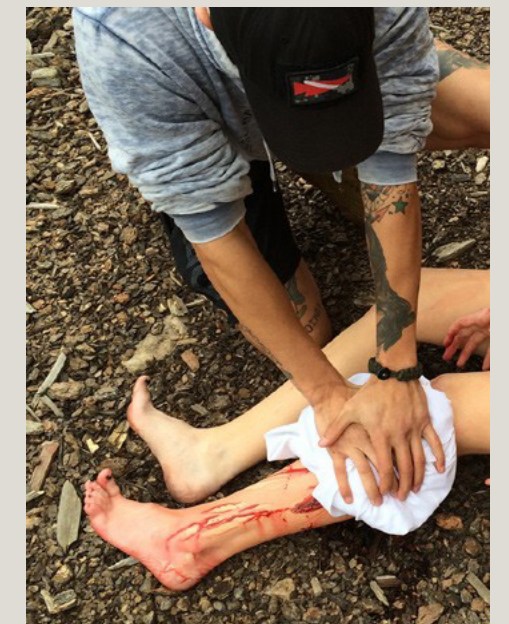
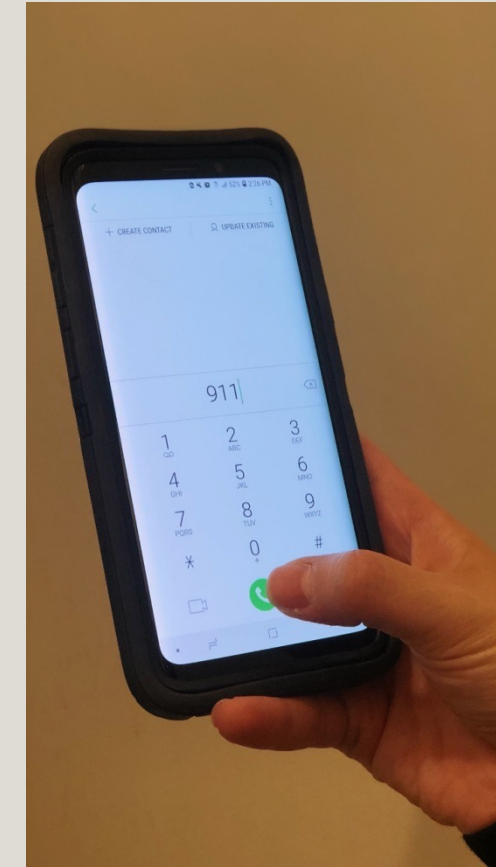
# FAQs

- **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**





**STOP**  
THE BLEED<sup>®</sup>

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