



ACME
Emergency Care
and Safety Training
Instructor I.D. 116211



SAVE A LIFE

**Uncontrolled
bleeding is the
number one
cause of
preventable death
from trauma!**

Steps to “Stop the Bleed”:

- 1) Scene Safety - Do not become an additional victim, be sure the scene is safe for you.
Additionally, if the scene becomes unsafe....move yourself (and the victim, if possible) to a safe location.
- 2) Activate EMS - Call (or have someone call) 911 or the local emergency number.
- 3) Protect yourself by using PPE (personal protective equipment), also known as BSI (body substance isolation). This includes but is not limited to: Gloves, Mask, and Goggles (or glasses or face shield).
- 4) Find and Identify the Bleeding.
- 5) Control the bleeding with: Direct Pressure / Tourniquet / Wound Packing.

Find and Identify the Bleeding:

- Find the source of the bleeding - you may have to remove clothing to clearly see the source.
- Identify “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.
 - Blood soaked clothing.
 - Bandages that continue to soak through.
 - Amputation or Avulsion.
 - AMS (altered mental status) victim is confused or unconscious.

The information that follows is for controlling “Life-Threatening Bleeding”:

Note: For non-life threatening bleeding such as capillary or minor venous bleeding, simple direct pressure with a dressing or clean cloth should control the bleeding. If the bleeding is not controlled, then continue with the steps that follow.

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Controlling the Bleeding: All methods of controlling bleeding have one thing in common:
Compressing a bleeding blood vessel in order to stop the bleeding!

•**If you do not have a Trauma-First Aid kit:** Use any clean cloth (shirt, rag, towel)

- Cover the wound and apply pressure (use both hands if possible to apply pressure)
- If the wound is large and deep... stuff the cloth into the wound (wound packing) and apply pressure (use both hands if possible to apply pressure)

•**If you have a Trauma-First Aid kit:**

- For life threatening bleeding to an appendage (arm or leg), apply a tourniquet to the arm or leg. Apply 2 to 3 inches above the wound (but not on a joint).
- Pull the free end of the tourniquet as tight as possible.
- Turn the windlass until the bleeding stops and secure the windlass.
- If the bleeding does not stop, you may need to apply a second tourniquet above the first.
- Write the time the tourniquet was applied on the tourniquet or on the forehead of the patient (example:TQ 14:10).
- Stay with the patient until relieved by EMS.

Note: *Tourniquets are painful, but necessary to stop life-threatening bleeding!*

- For life threatening bleeding to a “junctional” area of the body, such as the groin, shoulders or neck, a tourniquet is not applicable so you need to **“wound pack”** (stuff the wound) with hemostatic gauze, if available. If you do not have hemostatic gauze, you can use plain gauze or any clean cloth (shirt, rag or towel).
- Steps to wound packing:
 - i. Open the clothing over the bleeding wound
 - ii. Wipe away any pooled blood
 - iii. Wound Pack (stuff the wound) with hemostatic gauze (preferred), plain gauze or any clean cloth.
 - iv. Apply pressure with both hands directly on top of the wound you packed and push down as hard as you can.
 - v. Continue to hold pressure until relieved by EMS.

