STOP THE BLEED® Course
American College of Surgeons

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SAVE A LIFE

STOPTHEBLEED.ORG
BLEEDINGCONTROL.ORG

Version 2

The American College of Surgeons Committee on Trauma
The American College of Emergency Physicians
The National Association of Emergency Medical Technicians
The Committee on Tactical Combat Casualty Care

10/31/2019
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
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

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

Stop the Bleed Course v. 2.0
ABCs of Bleeding Control

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

**B** Bleeding

**C** Compress
**Introduction | A-Alert | B-Bleeding | C-Compression | Stop the Bleed Course v.2.0**

**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
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

**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

Stop the Bleed Course v.2.0
**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

CoTCCC Recommended STB Tourniquets

Recommended Non-Pneumatic Limb Tourniquets

- Combat Application Tourniquet Gen 6 (CAT-6)
- Combat Application Tourniquet Gen 7 (CAT-7)
- Ratcheting Medical Tourniquet (RMT) Tactical
- SAM Extremity Tourniquet (SAM-XT)
- SOF Tactical Tourniquet–Wide (SOFTT-Wide)
- Tactical Mechanical Tourniquet (TMT)
- TX2 Tourniquet (TX2)
- TX3 Tourniquet (TX3)
<table>
<thead>
<tr>
<th>CoTCCC Recommended STB Tourniquets</th>
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<tr>
<td><strong>Recommended Pneumatic Limb Tourniquets</strong></td>
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<tr>
<td>• Delphi EMT (EMT)</td>
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<tr>
<td>• Tactical Pneumatic Tourniquet 2&quot; (TPT2)</td>
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<th>Bleeding control in children</th>
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<tr>
<td>• In all but the extremely young child, the same tourniquet used for adults can be used in children.</td>
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<td>• For the infant or very small child (tourniquet too big), direct pressure on the wound as described previously will work in virtually all cases.</td>
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<td>• For large, deep wounds, wound packing can be performed in children just as in adults using the same technique as described previously.</td>
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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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The only thing more tragic than a death... is a death that could have been prevented.