



STOP THE BLEED®



OVERVIEW

The focus of this program is on:

1. The immediate response to bleeding
2. Recognizing life-threatening bleeding
3. Appropriate ways to stop the bleeding

The help given by an immediate responder can often make the difference between life and death, even before professional rescuers arrive.

WHAT IS LIFE THREATENING BLEEDING?

- Blood spurting out of a wound
- Blood soaking the sheet or clothing

PRIMARY PRINCIPLES OF IMMEDIATE RESPONSE

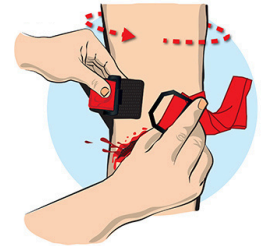
- Ensure your own safety first
 - Is the scene safe?
- The **ABCs of Bleeding**
 - **A** - Alert - Call 9-1-1
 - **B** - Bleeding - find the bleeding injury
 - **C** - Compress - apply pressure to stop the bleeding by:
 - Covering the wound with a clean cloth and applying pressure by pushing directly on it with both hands, **OR**
 - Using a tourniquet, **OR**
 - Packing (filling) the wound with gauze or a clean cloth and then applying pressure with both hands

HOW TO APPLY A TOURNIQUET



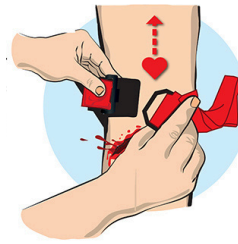
STEP 1: Stop Bleeding

- Expose wound
- Apply direct pressure
- If bleeding does not stop, apply tourniquet



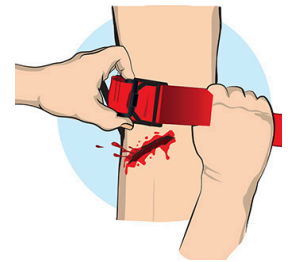
STEP 2: Apply Tourniquet

- Place tourniquet 2-3 inches above wound
- Do not place over joint



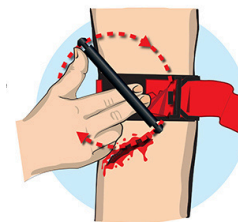
STEP 3: Adjust Tourniquet

- Tourniquet should be placed between the wound and the heart



STEP 4: Tighten Tourniquet

- Pull firmly on the end of strap and tighten as much as you can



STEP 5: Use Windlass Rod

- Use the windless rod to further tighten tourniquet
- Twist rod in one direction to increase pressure



STEP 6: Secure Windlass Rod

- Secure rod so that it doesn't unwind
- If there is velcro strap, use that to secure windlass



emergencymanagement.utexas.edu



sem@austin.utexas.edu



1200 E Martin Luther King Jr Blvd,
Austin, TX 78722

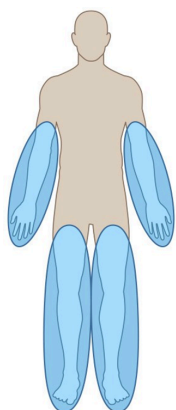


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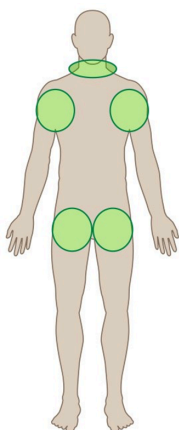


WOUNDS THAT CAN LEAD TO DEATH FROM BLEEDING:



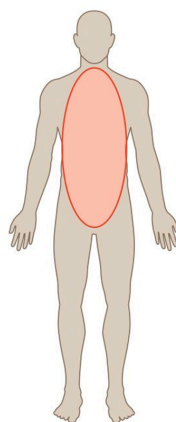
Arm and Leg Wounds

- Most frequent cause of preventable death from injury
- Bleeding from these wounds can be controlled by **direct pressure or a tourniquet**



Torso Junctional Wounds

- Neck, shoulder, and groin
- Bleeding can be controlled by **direct pressure and wound packing**



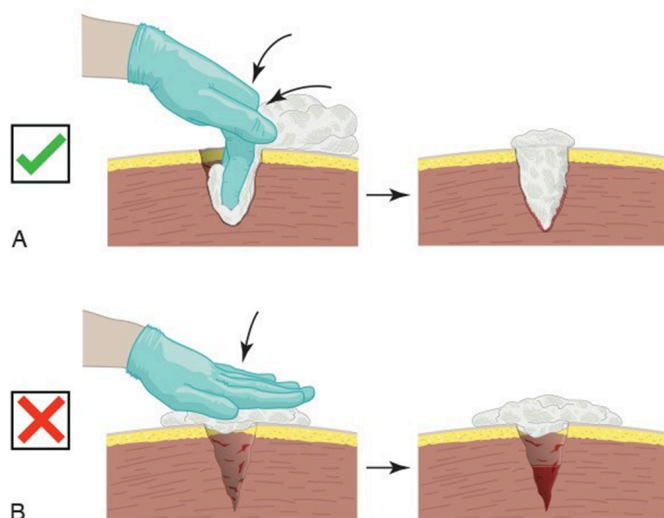
Chest and Abdominal Injuries

- Front, back, or side
- Usually cause internal bleeding
- **This bleeding CANNOT be stopped outside the hospital**
- **These victims need rapid transport to a trauma center**

HOW TO PACK A WOUND:

Wound packing is used on torso junctional wounds when a tourniquet CAN'T be used.

1. Open clothing around wound
2. Locate the source of the most active bleeding
3. Pack the wound / stuff right into the wound and directly onto the bleeding site. Packing using:
 - a. Hemostatic dressing, OR
 - b. Gauze roll, OR
 - c. Clean cloth



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