



STOP THE BLEED

MARCH 2018 CNSA TOOLKIT

FAST FACTS:

- Blood loss is the leading cause of preventable death in events like: mass shooting, terrorists attacks, and earthquakes
- Acts of terrorism and dangerous impulses are becoming more frequent
- Rapid control of bleeding at the scene of the event can be **LIFE-SAVING**

CNSA is here to help educate and Stop The Bleed

- This toolkit is meant to assist your CNSA chapter in becoming a Stop The Bleed Instructor and educating the public on how they can help **Stop The Bleed**

BECOME A TRAINER AND SET UP YOUR OWN TRAINING SESSION

Obtain certification as an instructor by successfully completing the Bleeding Control Basic (B-Con Basic) Course

- Teach to the course standards, including standards for class content, instructor/student ratio, acceptable learning environments, and approved equipment

Who Can Teach the BCon Course v. 1.0? Instructors for the BCon Course include: • PHTLS instructors • PHTLS providers who have successfully completed the BCon Provider Course • TCCC/TECCC instructors or providers • ATCN/TNCC instructors or providers who have successfully completed the BCon Provider Course • Any EMR, EMT, paramedic, RN, PA, or MD who has successfully completed a BCon Provider Course • Any ATLS instructor or provider who has successfully completed a BCon Provider Course • Any NAEMT instructor for any other NAEMT continuing education course who has successfully completed a BCon Provider Course

What You Will Need to Teach the Bleeding Control Course

- Approved B-Con Basic Course slide set
- Approved equipment: – Gauze – Hemostatic dressings – Tourniquets – Scissors – Gloves

You must purchase your own supplies or can possibly obtain some from supplies from: school donations, police department, fire departments and EMT schools.

Potential course sites

- Schools • Churches • Social clubs • Community centers • Boy scout/girl scout meetings

Certify Your Learners

- Upon completion of the instruction, certify your learners by having them successfully demonstrate to you the bleeding control techniques
- Provide learners with an official certificate

Submit Training Data to: www.bleedingcontrol.org

- You will need to submit: – Date, name of site, and location of the training – Instructors' names – Number of students certified – Age group of the students – Affiliation with an ACS-verified trauma center, if applicable

**For more information and application form visit :
<https://www.bleedingcontrol.org/instructors-contact>**



No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, so it's important to quickly stop the blood loss.

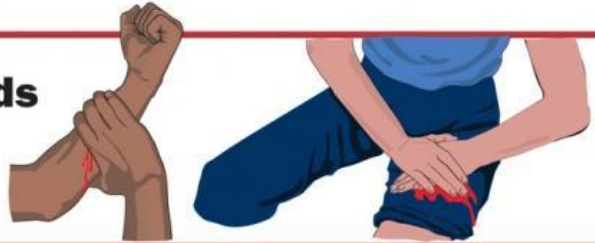
Remember to be aware of your surroundings and move yourself and the injured person to safety, if necessary.

Call 911.

Bystanders can take simple steps to keep the injured alive until appropriate medical care is available. Here are three actions that you can take to help save a life:

1. Apply Pressure with Hands

EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with both hands if possible.



2. Apply Dressing and Press

EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with bandages or clothing.



3. Apply Tourniquet(s)

If the bleeding doesn't stop, place a tourniquet 2-3 inches closer to the torso from the bleeding. The tourniquet may be applied and secured over clothing.



If the bleeding still doesn't stop, place a second tourniquet closer to the torso from first tourniquet.

PULL the strap through the buckle, **TWIST** the rod tightly, **CLIP** and **SECURE** the rod with the clasp or the Velcro strap.



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. The Department of the Defense owns the 'Stop the Bleed' logo and phrase - trademark pending."

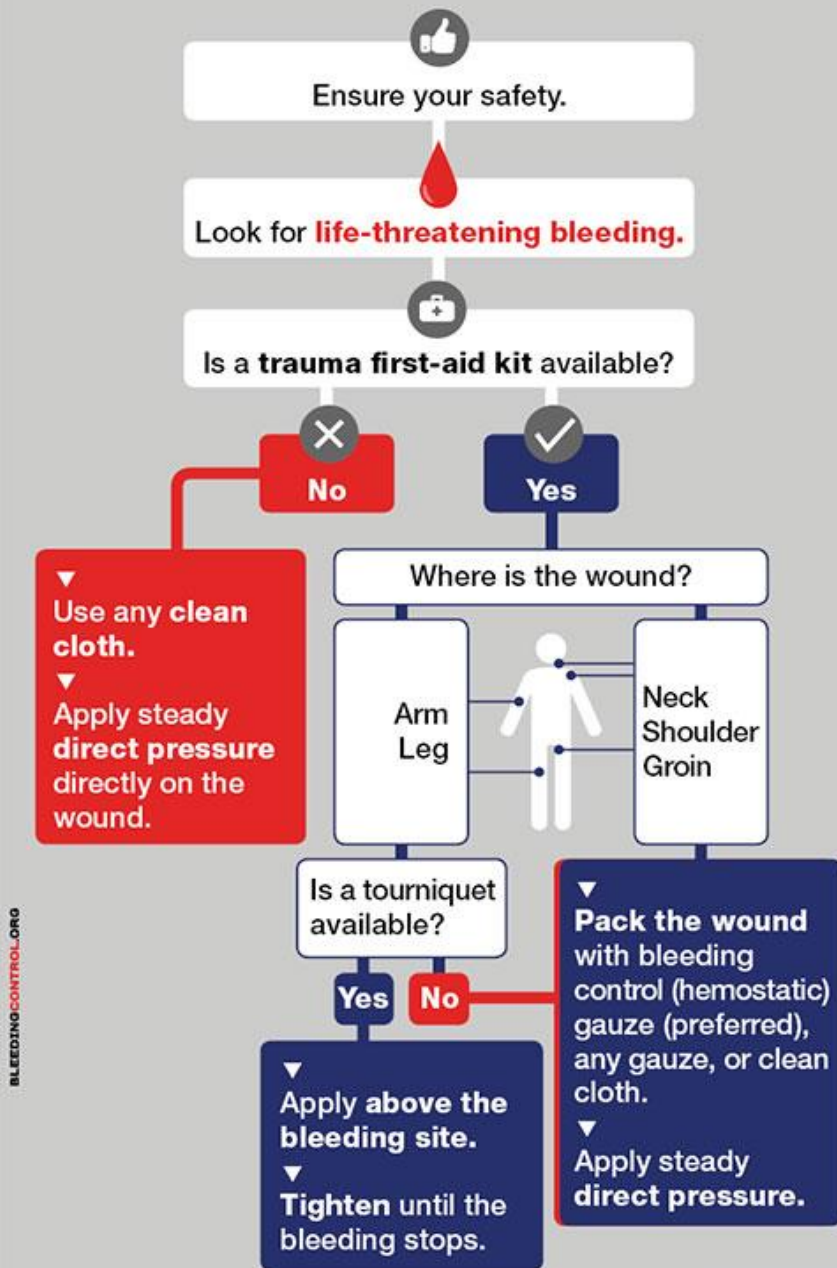


Homeland
Security

Office of Health Affairs

Save a life

What everyone should know to stop bleeding after an injury



BLEEDINGCONTROL.ORG

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If you see something
do something

RESOURCES

- For information for your local chapter to promote Stop The Bleed visit the resources below:
- <https://www.bleedingcontrol.org/>
- https://community.fema.gov/?lang=en_US
- <https://www.dhs.gov/stopthebleed>
- <https://firstcareprovider.org/>
- <https://www.stopthebleedtraining.org/>

**Lets help be the help
before help arrives**