



**STOP**  
THE BLEED<sup>®</sup>

**SAVE A LIFE**

**STOP THE BLEED<sup>®</sup> Course**  
**American College of Surgeons**

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Version 2

**STOPTHEBLEED.ORG**



THE  
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ON TRAUMA

**ACS** AMERICAN COLLEGE  
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**The American  
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Tactical Combat  
Casualty Care**



**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

# 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

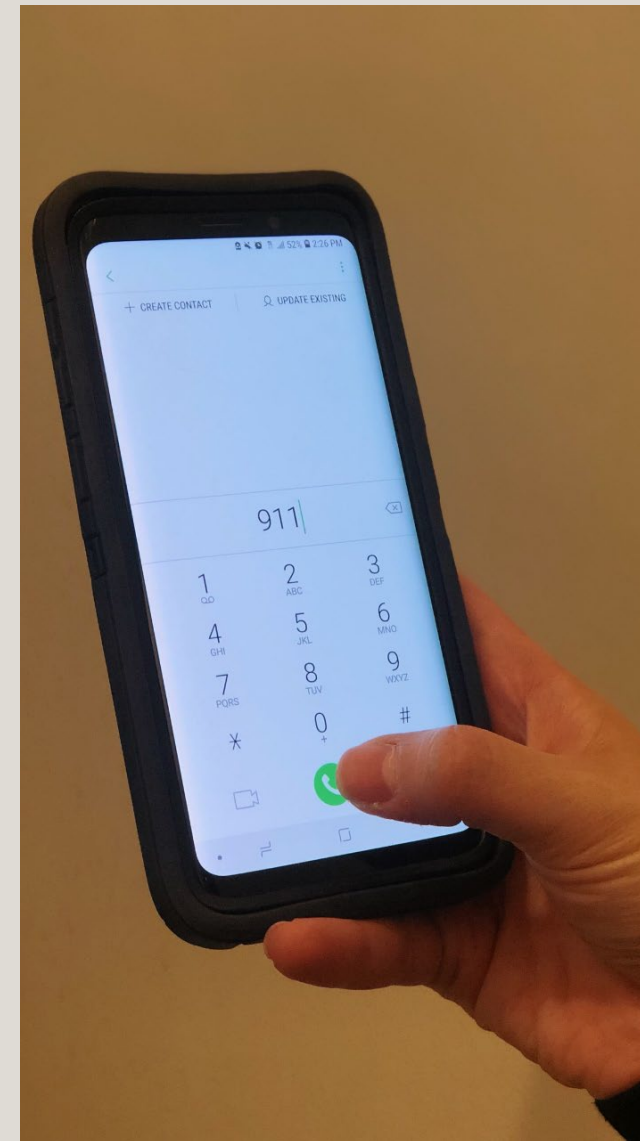
**C** Compress

# ABCs of Bleeding Control

**A Alert 911**

**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

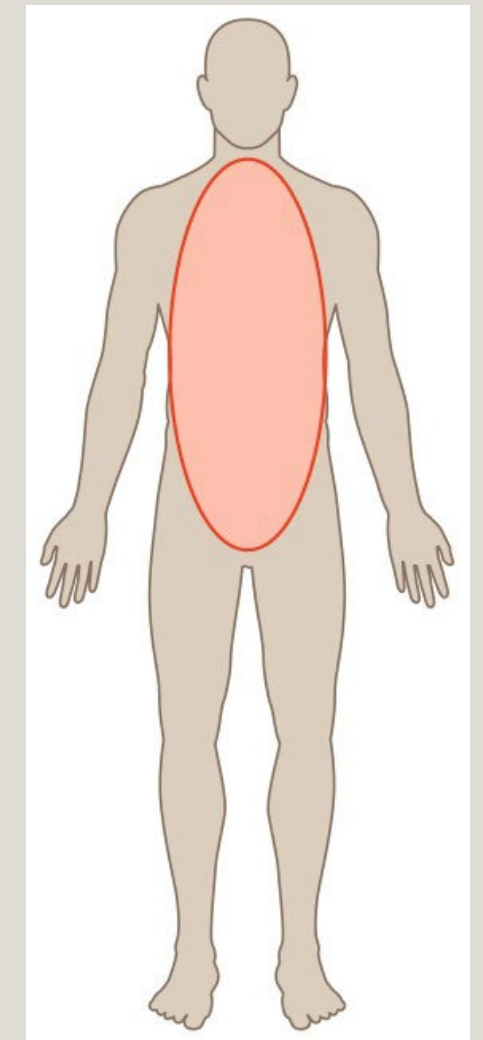
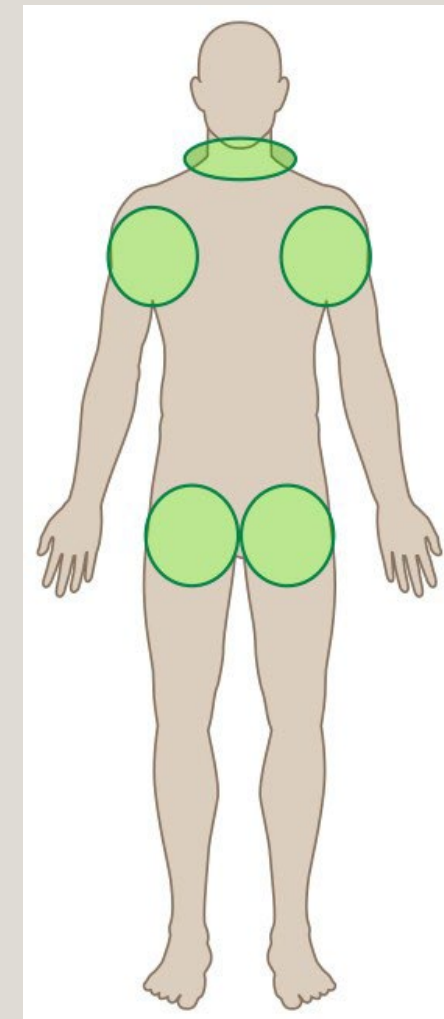
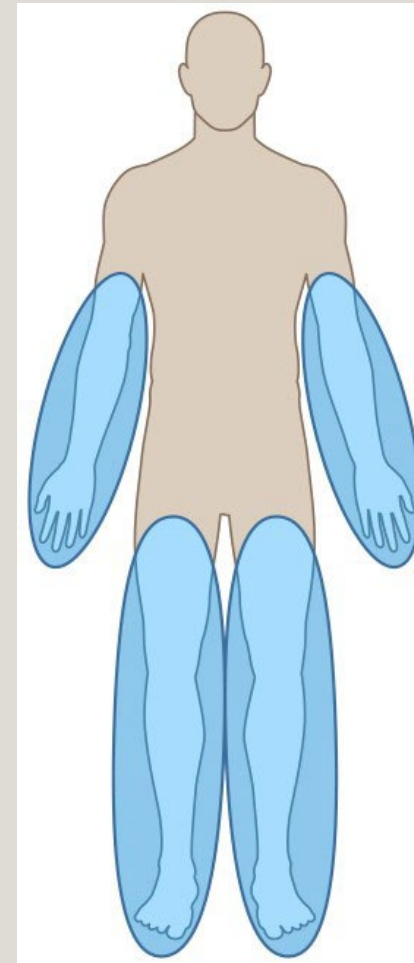
## B Bleeding

- 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

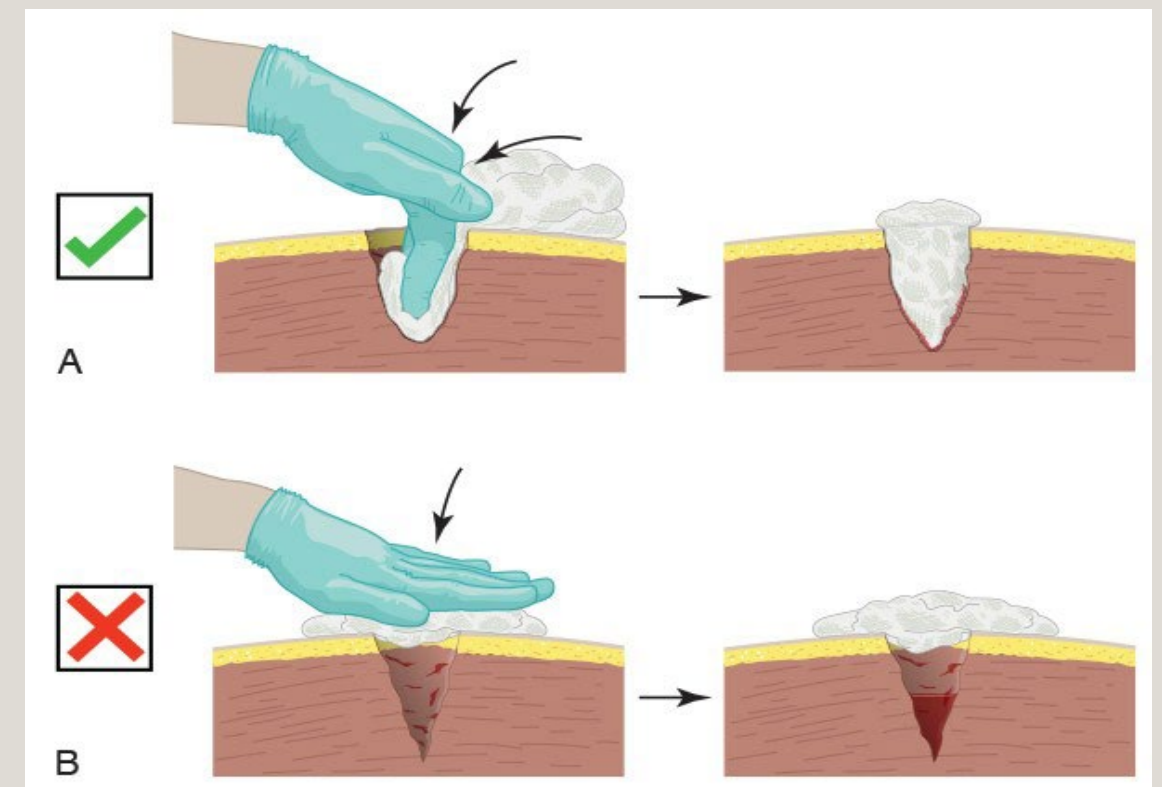




# ABCs of Bleeding Control

## 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



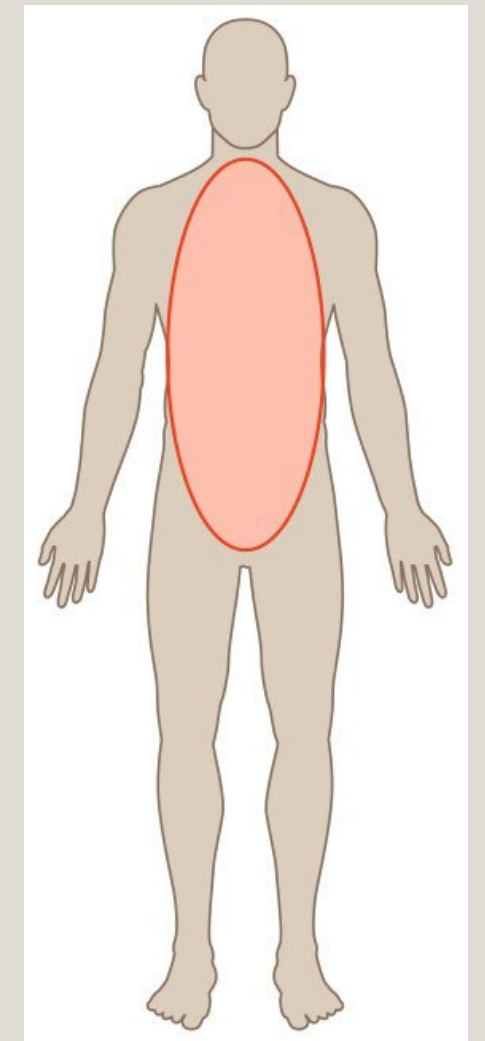
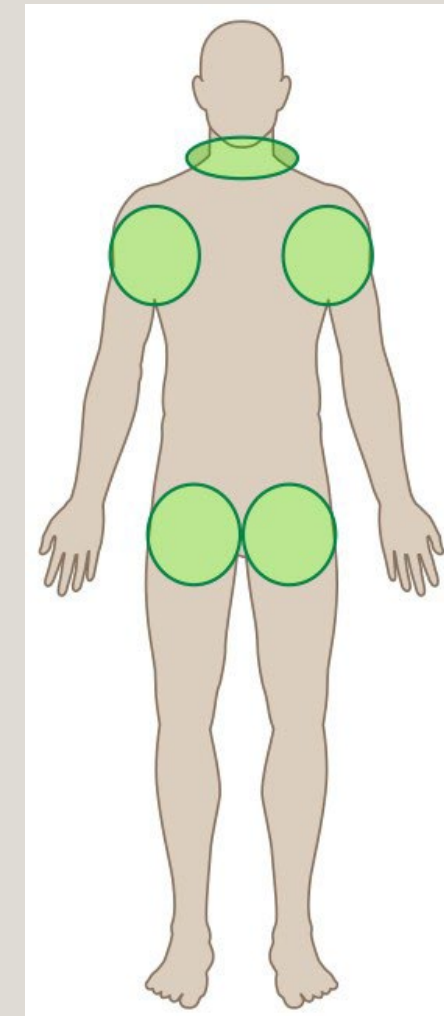
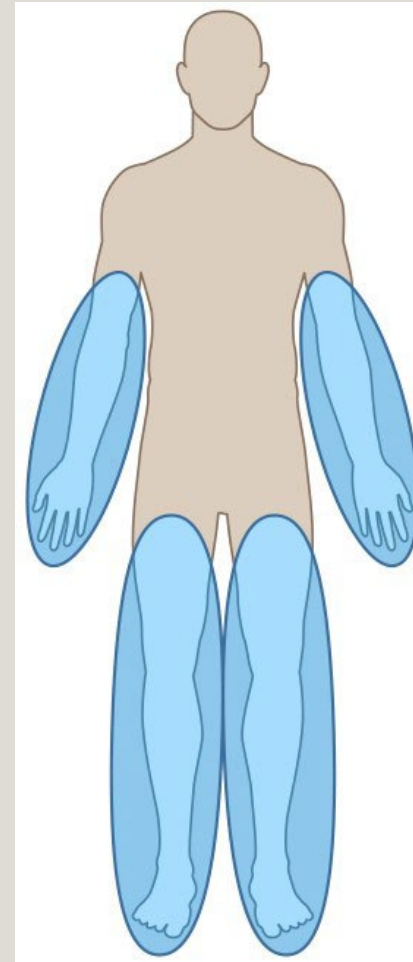
# ABCs of Bleeding Control



# ABCs of Bleeding Control

## C Compress - Packing

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



# ABCs of Bleeding Control

## 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

# 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





# ABCs of Bleeding Control



ACS endorsed CoTCCC recommended tourniquets for STB

- **Combat Application Tourniquet (C-A-T)**
- **SOF Tactical Tourniquet–Wide (SOFTT-Wide)**

# 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.**

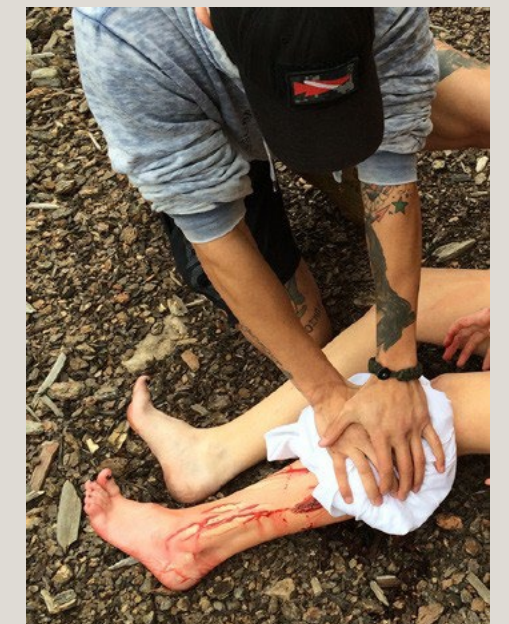
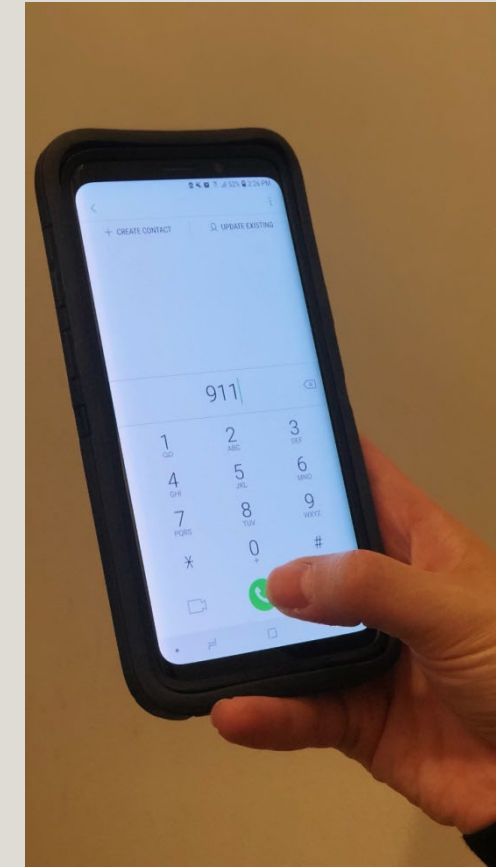


# FAQs

- **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**



**For more information:**

**STOPTHEBLEED.ORG**



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