

# Act Fast: Stop the Bleed

"Stop the Bleed" is a national awareness campaign intended to encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

Uncontrolled bleeding is a major cause of preventable deaths. Approximately 40% of trauma-related deaths worldwide are due to bleeding or its consequences, establishing the need for aggressive, effective bleeding control.

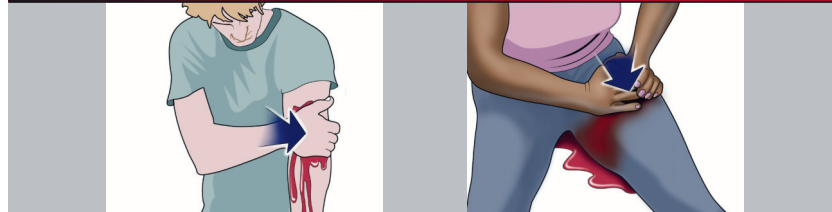


SAVE A LIFE

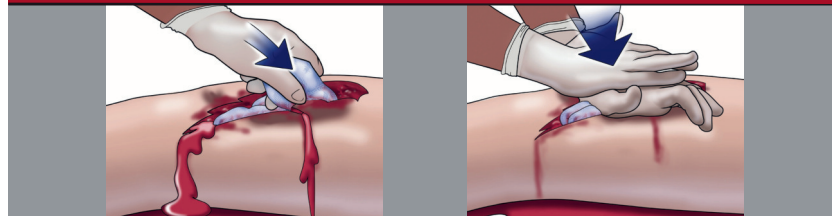
## How to Stop the Bleed

- 1. Ensure Safety:** Before you offer help, ensure your own safety. If you are safe, check the scene and then assist the injured person.
- 2. Call for Help:** Call 911 or instruct someone else to do so.
- 3. Apply Pressure with Hands:** Apply firm, steady pressure to the bleeding site with both hands.
- 4. Apply Dressing and Press:** Place a clean cloth or sterile dressing on the wound and press firmly.
- 5. Use a Tourniquet if Necessary:** If the bleeding does not stop, apply a tourniquet 2-3 inches closer to the torso from the bleeding. Tighten until the flow of bleeding stops.
- 6. Apply Pressure to a Pressure Point:** If bleeding continues, apply pressure at a pressure point between the wound and the heart.
- 7. Keep Pressure on the Wound:** Continue to apply pressure until emergency services arrive.

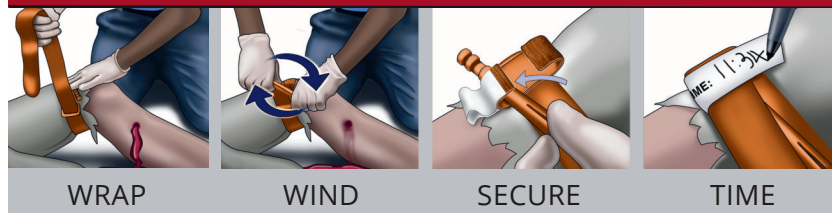
### 1 APPLY PRESSURE WITH HANDS



### 2 APPLY DRESSING AND PRESS



### 3 APPLY TOURNIQUET



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