

STOP THE BLEED

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, therefore it is important to quickly stop the blood loss.

A: ALERT - CALL 911

B: BLEEDING - FIND THE BLEEDING INJURY

C: COMPRESS - APPLY PRESSURE TO STOP THE BLEEDING BY:

1: Covering the wound with a clean cloth and applying pressure by pushing directly on it with both hands, OR

2: Using a Tourniquet, OR



3: Packing (stuffing) the wound with gauze or a clean cloth and then applying pressure with both hands.

- Before you offer any help, you must ensure your own safety!
- If you become injured, you will not be able to help the victim
- Provide care to the injured person if the scene is safe for you to do so
- If, at any time, your safety is threatened, attempt to remove yourself (and the victim if possible) from danger and find a safe location
- Protect yourself from blood-borne infections by wearing gloves, if available

For more information on How to Stop the Bleed click [here](https://www.bleedingcontrol.org) or visit:
[BLEEDINGCONTROL.ORG](https://www.bleedingcontrol.org)