



# STOP THE BLEED<sup>®</sup>



1. Call 9-1-1
2. Ensure Your Safety
3. Wear Gloves
4. Find the Bleeding Injury

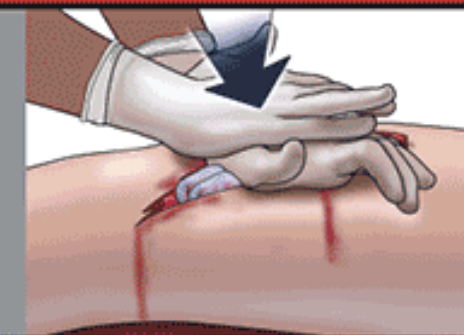
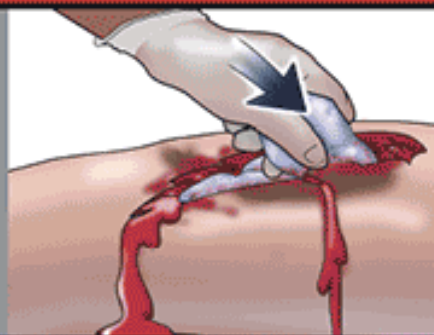
## 5. Compress and Control

- ✓ Take gauze or Quick Clot bandages and cover wound.
- ✓ If wound is large and deep: "Stuff" gauze or Quick Clot bandages into wound.
- ✓ Apply continuous pressure with both hands directly on top of bleeding wound.
- ✓ Push down as hard as you can.
- ✓ Hold pressure to stop bleeding. When bleeding is controlled, wrap wound and gauze tightly with elastic bandage. Continue pressure until relieved by medical responders.

### APPLY PRESSURE WITH HANDS



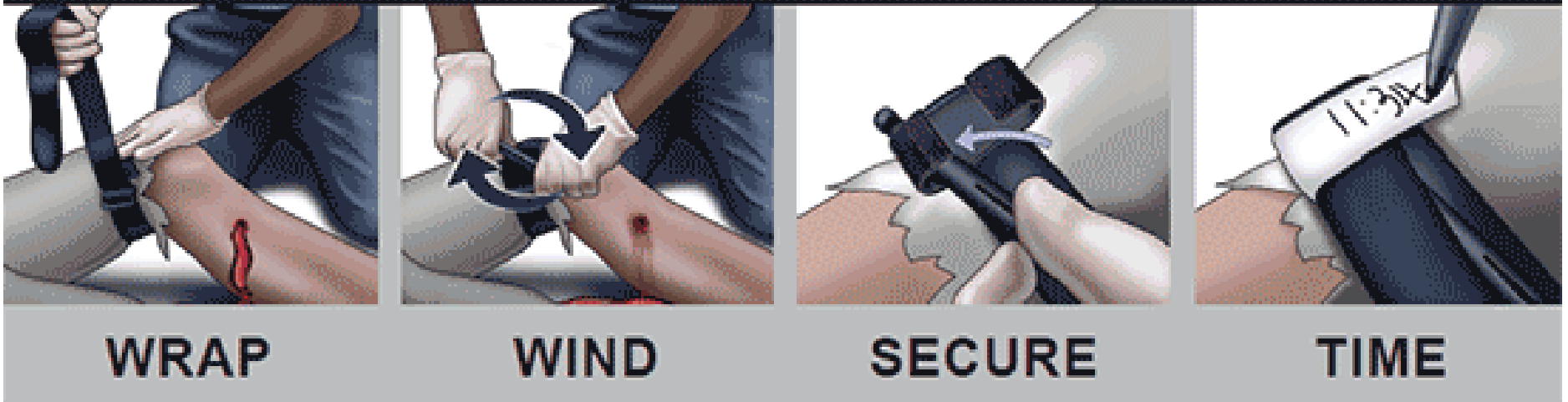
### APPLY DRESSING AND PRESS



For severe or life-threatening bleeding from an arm or leg: Use a tourniquet if available -



# APPLY TOURNIQUET



1. Wrap tourniquet around bleeding arm or leg about 2 to 3 inches above bleeding site (be sure NOT to place tourniquet onto a joint—go above joint if necessary).
2. Pull free end of tourniquet to make it as tight as possible; secure free end.
3. Twist or wind the tourniquet rod until bleeding stops.
4. Secure windlass to keep tourniquet tight.
5. Note time tourniquet was applied.

Note: A tourniquet will cause pain, yet is necessary to stop life-threatening bleeding.

*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 “the “Stop the Bleed” logo and phrase – trademark pending.*