

STOP THE BLEED GEORGIA

What Everyone Should Know to Stop Bleeding After an Injury

Instructor Guide

This presentation is designed for individuals who have little or no medical training but who may be called upon as immediate responders to provide initial trauma care and bleeding control to a victim of traumatic injury prior to the arrival of emergency medical services (EMS). The script provided below is designed in such a way that the material can be provided in a 15-minute, "Drop-In" format with multiple teaching stations available at each of the three designated locations. The didactic and hands-on components of the course will be completed by participants in a singular teaching station. Course materials and laminates have been taken from bleedingcontrol.org.

INTRODUCTION

Welcome and thank you for stopping by! My name is _____ (YOUR NAME) I am a _____ (YOUR PROFESSION) with _____ (YOUR ORGANIZATION), and we are here today to discuss Georgia's *Stop the Bleed* Campaign. This training session will only take about 10-15 minutes of your time and may help you save a life.

"*Stop the Bleed*" is a nationwide campaign to empower individuals like you to act quickly and possibly save a life. We know that uncontrolled bleeding is the #1 cause of preventable death from trauma, so in response we have to teach as many people as possible how to stop that bleed.

The help you will be able to give can often make the difference between life and death even before professional rescuers arrive. You can help save a life by knowing how to stop bleeding if someone, including yourself, is injured.

Today we will discuss various ways to control bleeding whether you only have your two hands to use or whether you have a full trauma first aid kit available to you. We are also going to go through each of the items in the Public Access Bleeding Control Kits that are placed in the Capitol and Legislative Office Buildings.

SAFETY

Let's begin by discussing the primary principles of trauma care response. The first and most important principle is safety.

- 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).

THE ABC'S OF BLEEDING

Laminate 2

Once you've ensured your own safety, you can begin to address the ABC's of Bleeding.

A – Alert

- Get help - Call 9-1-1 yourself or tell someone to call 9-1-1.
- This will notify emergency medical responders and, depending on the situation, police officers to respond to the scene

B – Bleeding

After ensuring your safety, find where the victim is bleeding from by opening or removing the clothing so you can see the wound.

- Look for and identify "life-threatening" bleeding – examples of life-threatening bleeding include:
 - Blood that is spurting out of the wound.
 - Blood that won't stop coming out of the wound.
 - Blood that is pooling on the ground.
 - Clothing that is soaked with blood.
 - Bandages that are soaked with blood.
 - Loss of all or part of an arm or leg.

Laminate 3

- Bleeding in a victim who is now confused or unconscious.

C – Compress

There are a number of methods that can be used to stop bleeding and they all have one thing in common – compressing a bleeding blood vessel in order to stop the bleeding. They include:

Laminate 4

- Direct Pressure – If you don't have a trauma kit or if you are awaiting the arrival of a trauma kit, apply direct pressure on the wound using any clean cloth or your hands.
- Tourniquet Application - If you do have a trauma first aid kit and a tourniquet is available, the tourniquet can be applied for life-threatening bleeding from an arm or leg.
- Wound Packing - If a tourniquet is NOT available or if there is bleeding from the neck, shoulder or groin: Pack (stuff) the wound with a bleeding control (also called a hemostatic) gauze, plain gauze, or a clean cloth and then apply pressure with both hands.

Let's discuss each of these actions in more detail while we go through the different items contained in the Public Access Bleeding Control Kits being placed here in the Capitol Building and Legislative Offices.

Direct Pressure – Direct pressure is effective most of the time for external bleeding. Direct pressure can stop even major arterial bleeding. Bleeding control requires very firm, continuous pressure until relieved by medical responders. To be effective, apply pressure with the victim on a firm surface to provide support.

- Again, if you don't have a trauma kit or if you are awaiting the arrival of a trauma kit, apply direct pressure on the wound. Cover the wound with a clean cloth (for example, a shirt) and apply pressure by pushing directly on it with both hands.
 - If the wound is large and deep, try to "stuff" the cloth down into the wound.
 - Apply continuous pressure with both hands directly on top of the bleeding wound.
 - Push down as hard as you can.
 - Hold pressure to stop bleeding. Continue pressure until relieved by medical responders.
 - Don't release pressure to check the wound.
- The large kit located here at the Capitol Building has ten smaller vacuum sealed bleeding control kits. In each of these smaller kits you will find an Emergency Trauma Dressing (ETD). While constant manual pressure is preferred, the ETD can be used as a pressure dressing if needed. *Instructors should briefly demonstrate direct pressure utilizing a cloth and the use of the ETD. (provided)*

For more information on what we are doing in Georgia, you can visit STOPTHEBLEEDGEORGIA.ORG