Lifesaving training is for everyone
I. POWERPOINT PRESENTATION

A. What Is *Stop The Bleed*?
B. Why Do We Need *Stop The Bleed*?
C. How Exactly Does One *Stop The Bleed*?

II. HANDS-ON DEMO WITH INSTRUCTORS

A. Wound Packing
B. Tourniquet Application
Some images are graphic and may be disturbing.
I. Uncontrolled hemorrhage = death

Corollary: *All bleeding eventually stops.*

II. 40% of deaths due to hemorrhage are preventable.
Lifesaving training is for everyone
SANDY HOOK, CT
ELEMENTARY SCHOOL

DEC 14, 2012

DIED: 28
GOAL: Create A National Policy To Enhance Survivability From Shooting And Other Mass Casualty Events.
IF: uncontrolled scene bleeding leads to preventable deaths

THEN: control of bleeding at scene must be improved

WE MUST TEACH BASIC BLEEDING CONTROL TO Bystanders!
STOP THE BLEED

a National Campaign... gone Local.

Committee on Trauma

Tacoma Trauma Trust

FEMA

FBI

Homeland Security

NAEMT
BUT....

IS THIS *REALLY* NECESSARY?
20 deadliest shootings in US history:

60% occurred in last 18 yrs.

<table>
<thead>
<tr>
<th>Incident</th>
<th>Year</th>
<th>Deaths</th>
<th>Injuries</th>
<th>Type of firearm(s) used</th>
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<tr>
<td>Las Vegas shooting</td>
<td>2017</td>
<td>59</td>
<td>851</td>
<td>Modified semi-automatic rifles and pistols</td>
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<td>Orlando nightclub shooting †</td>
<td>2016</td>
<td>50</td>
<td>581</td>
<td>Semi-automatic rifles and pistol</td>
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<td>Virginia Tech shooting †</td>
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<td>33</td>
<td>23</td>
<td>Semi-automatic pistols</td>
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<td>2012</td>
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<td>2</td>
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<td>27</td>
<td>20</td>
<td>Semi-automatic rifle</td>
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<td>1991</td>
<td>24</td>
<td>27</td>
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<td>23</td>
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<td>Edmond post office shooting</td>
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<td>24</td>
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<td>13</td>
<td>3</td>
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<td>1983</td>
<td>13</td>
<td>1</td>
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<td>8</td>
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<td>Geneva County massacre</td>
<td>2009</td>
<td>11</td>
<td>6</td>
<td>Semi-automatic rifles, revolver, and shotgun</td>
</tr>
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LAS VEGAS, NV

OCT 1, 2017

DIED: 59
PULSE NIGHTCLUB
ORLANDO, FL

JUN 12, 2016

DIED: 50
VIRGINIA TECH, BLACKSBURG, VA

APRIL 16, 2007

DIED: 33
SUTHERLAND SPRINGS, TX

NOV 5, 2017

DIED: 27
TUMWATER, WA

JUN 17, 2018

DIED: 2
BOSTON MARATHON

APR 15, 2013

DIED: 3
AMTRAK DERAILMENT
DUPONT, WA
DEC 18, 2017
DIED: 3
DEATH by CAR
USA: > 30,000/yr
INJURY in the USA:
No. 1 cause of
death and disability
ages 1-40

ANYWHERE
ANY TIME
ANYONE
Prevent a needless death:
With the right basic training, YOU can save a life.
I. Ensure your own safety

II. ABCs of Bleeding

A – Alert – call 9-1-1
B – Bleeding – find the injury
C – Compress – apply pressure to stop the bleeding by:
   1. Pack (fill) the wound with gauze or a clean cloth and then applying pressure with both hands
   2. Use a tourniquet
B • Bleeding

Find where the victim is bleeding from
• Open or remove the clothing so you can see the wound

Look for and identify “life-threatening” bleeding
• 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
• Bleeding in a victim who is now confused or unconscious
What is “life-threatening” bleeding?

- BLOOD ON THE GROUND/FLOOR
- BLOOD SOAKED THROUGH CLOTHING
What is “life-threatening” bleeding?

Blood spurting out of a wound

Blood soaking the sheet or clothing

Photo courtesy of Norman McSwain, MD.
What is “life-threatening” bleeding?

Blood on the ground
What is “life-threatening” bleeding?

ARMS AND LEGS

Most frequent cause of preventable death

Photos courtesy of Peter T. Pons, MD, FACEP.
What is “life-threatening” bleeding?

**TORSO JUNCTIONAL WOUNDS**

Neck, shoulder, and groin

- Bleeding is controlled by direct pressure & wound packing
What is “life-threatening” bleeding?

**TORSO**

- Internal bleeding **CANNOT** be stopped without surgery.
- Rapid transport to a **trauma center**.
- Identify these patients to **EMS** when they arrive.
“STUFF and SQUEEZE”

a.k.a. Packing + Direct External Compression

- Use bandages if available; if not use a shirt or other clean cloth
- Use your hand or fingers – push down HARD (it will hurt)!
Hemostatic Dressings (Bleeding Control Dressings)

• Hemostatic dressings are materials that help cause blood to clot

• Examples of hemostatic dressings include:
  - QuikClot (civilian) / Combat Gauze (military)
  - Celox
  - Celox Rapid
  - Chitoflex
  - Chitogauze

© emily2k/Shutterstock, Inc.  
Photo courtesy of Peter T. Pons, MD, FACEP.
Do **not** release pressure to “check” the wound.

“STUFF and SQUEEZE”  a.k.a. Packing + Direct External Compression
C • Compression: Stop the Bleeding  (continued)
C • Compression: Stop the Bleeding (continued)

APPLY A TOURNIQUET

• Stops all blood flow
• May prevent the patient from going into shock or dying

Photo courtesy of Norman McSwain, MD, FACS, NREMT-P.
C • Compression: Stop the Bleeding (continued)

C.A.T. Tourniquet

The military’s preferred tourniquet because it is easy to use and can be rapidly applied.

Photo courtesy of Composite Resources, Inc.
C • Compression: Stop the Bleeding

Tourniquet
• Can be placed over clothing, if necessary
• Place 2 to 3 inches above the wound
• Tighten until the bleeding stops

BUT...
• DO NOT apply directly over the knee or elbow joints
• DO NOT apply directly over a pocket that contains bulky items
Application of a C.A.T. Tourniquet (1 of 9)

Step 1. Insert the extremity (arm or leg) through the C.A.T.
Application of a C.A.T. Tourniquet (2 of 9)

Step 2. Pull the self-adhering band tight, and fasten it back on itself.

BE SURE TO REMOVE ALL SLACK.

Photo courtesy of Peter T. Pons, MD, FACEP.
Step 3. Adhere the band around the extremity. Do not adhere the band past the clip.

Photo courtesy of Peter T. Pons, MD, FACEP.
Step 4. Twist the windlass rod until the bleeding has stopped.

Photo courtesy of Peter T. Pons, MD, FACEP.
Application of a C.A.T. Tourniquet (5 of 9)

Step 5. Lock the windlass rod in place in the windlass clip.
Bleeding is now controlled.

Photo courtesy of Peter T. Pons, MD, FACEP.
Application of a C.A.T. Tourniquet (6 of 9)

Step 6. Adhere the remaining band over the rod, through the windlass clip, and continue around the extremity as far as it will go.
C • Compression: Stop the Bleeding (continued)

Application of a C.A.T. Tourniquet (7 of 9)

Step 7. Secure the rod and the band with the windlass strap.
Grasp the strap, pull it tight, and adhere it to the opposite hook on the windlass clip.

Photo courtesy of Peter T. Pons, MD, FACEP.
Application of a C.A.T. Tourniquet (8 of 9)

**Step 8.** Note the time the tourniquet was applied. If you have a marker, you can write it directly on the tourniquet or on the skin itself.

Photo courtesy of Peter T. Pons, MD, FACEP.
**KEY POINTS:**

1. Improvised (homemade) tourniquets are less effective than commercially available tourniquets.

2. A second tourniquet (if available) is sometimes necessary.
C • Compression: Stop the Bleeding (continued)

TOURNIQUET PAIN

• Tourniquets HURT when applied effectively (THEY HURT A LOT) - explain this fact to the victim.

• Pain DOES NOT mean you put on the tourniquet incorrectly.

• Pain DOES NOT mean you should take the tourniquet off.

• Once paramedics arrive, they will treat the pain with medication.
C • Compression: Stop the Bleeding (continued)

COMMON MISTAKES

1. Not using a tourniquet or waiting too long to apply it when there is life-threatening bleeding
2. Tourniquet is not tight enough to stop the bleeding
3. Not using a second tourniquet, if needed
4. Periodically loosening the tourniquet to allow blood flow to the injured extremity
5. Removing a tourniquet - Only a paramedic or physician should loosen or remove it
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 direct digital pressure is usually sufficient.
STOP THE BLEED ALGORITHM

1. stay safe; CALL 911; ask for help
2. EXPOSE & ASSESS THE WOUND
3. PACK WOUND DEEPLY AND COMPRESS FIRMLY
   - Bleeding NOT Controlled
   - Bleeding Controlled
4. APPLY Tourniquet 2”-3” ABOVE WOUND
5. CONTINUE TO HOLD PRESSURE UNTIL HELP ARRIVES
6. EXTEREMITY
7. HEAD, NECK, TORSO, AXILLA or GROIN
I. Ensure your own safety

II. ABCs of Bleeding
   A – Alert – call 9-1-1
   B – Bleeding – find the injury
   C – Compress – apply pressure to stop the bleeding by:
      1. Pack (fill) the wound with gauze or a clean cloth and then applying pressure with both hands
      2. Use a tourniquet
We would like to thank MultiCare for their support of Stop the Bleed® and for providing funds to place bleeding control kits throughout Tacoma General and Allenmore Hospital.

Tacoma General Hospital
• Main Lobby
• Security offices
• Emergency Department Lobby
• Each Nursing Unit Charge Desk
• Cafeteria
• Baker Center
• Jackson Hall
• Phillips Pavilion Lobby

Allenmore Hospital
• Main Lobby
• Security Office
• Emergency Department Lobby
• Each Nursing Unit Charge desk
• Security Vehicles
Wall-mounted bleeding control kits
Personal bleeding control kits

Bleeding Control Kit
SAVE A LIFE

BLEEDINGCONTROL.ORG
What’s in the kits?

- Gloves
- Packing Gauze
- Compression bandage or Quick Clot or Hemostatic agent
- Tourniquet
- Marking pen
The only thing more tragic than a death...
is a death that could have been prevented.

Thank you for your participation.