



**STOP**  
THE BLEED<sup>®</sup>

## Stop the Bleed Instructor & Train the Trainer Course

SPONSORED BY



PEACEHEALTH SACRED HEART MEDICAL CENTER AT RIVERBEND  
OFFICE OF TRAUMA EDUCATION AND INJURY PREVENTION

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## Overview of Stop the Bleed Program

The American College of Surgeons (ACS) STOP THE BLEED<sup>®</sup> program is administered by the [ACS Committee on Trauma](#) (ACS COT). The ACS COT, formed in 1922, has put forth a continuous effort to improve care of injured patients in our society. Today, trauma activities are administered through an 86-member committee overseeing a field force of over 3,500 Fellows working to develop and implement meaningful programs for trauma care in local, regional, national, and international arenas. With programs such as its STOP THE BLEED<sup>®</sup> Course, the COT strives to improve the care of injured patients before, during, and after hospitalization.

The [American College of Surgeons](#) is a scientific and educational organization of surgeons that was founded in 1913 to raise the standards of surgical practice and improve the quality of care for surgical patients. The College is dedicated to the ethical and competent practice of surgery. Its achievements have significantly influenced the course of scientific surgery in America and have established it as an important advocate for all surgical patients. The College has over 82,000 members (about the seating capacity of the Los Angeles Memorial Coliseum) and is the largest organization of surgeons in the world.

## PeaceHealth RiverBend Trauma Services

The PeaceHealth Sacred Heart Medical Center at RiverBend Trauma Center is the only American College of Surgeons Verified Level II trauma center in Oregon and Washington states. It is also a Level II Trauma Center designated by the Oregon Health Authority. RiverBend Trauma Center serves an 8-county region in Western and Southern Oregon (Lane, Linn, Douglas, Coos, Curry, Josephine, Jackson, and Klamath counties) as well as northern California. RiverBend treats adult and pediatric trauma victims with specially trained adult and pediatric surgeons on staff 24/7.

### ACS Verified Trauma Center Requirements:

- Has a designated injury prevention professional
- Prioritizes injury prevention work based on trends identified in the trauma registry and local epidemiological data
- Implements at least two activities over the course of the verification cycle with specific objectives and deliverables that address separate major causes of injury in the community
- Demonstrates evidence of partnerships with community organizations to support their injury prevention efforts

Examples of injury prevention areas of focus include:

- Motor vehicle occupant safety
  - Child passenger safety seat education
  - Distracted driving
- Motorcycle and bicycle safety/helmet initiatives
- Pedestrian safety
- Fall prevention
- Firearm injury prevention programs
- Violence intervention and screening programs
- STOP THE BLEED® program as a community engagement strategy

## Stop the Bleed Core Curriculum

The person next to a bleeding victim may very well be the one who is most likely to save him or her from bleeding to death. By learning how to STOP THE BLEED®, you will gain the ability to recognize life-threatening bleeding and act quickly and effectively to control bleeding once you learn three quick techniques. Take the STOP THE BLEED® training course and become empowered to make a life-or-death difference when a bleeding emergency happens.

A STOP THE BLEED® course is for people who are interested in learning this lifesaving skill. The American College of Surgeons STOP THE BLEED® campaign has trained over 3 million people (about the population of Arkansas) including students, teachers, and community groups. We are committed to training anyone who is old enough to understand what the course teaches and is interested in learning how to STOP THE BLEED® and save a life.

What stops bleeding? In a STOP THE BLEED® course, you will learn three quick techniques to help save a life before someone bleeds out: (1) How to use your hands to apply pressure to a wound; (2) How to pack a wound to control bleeding; (3) How to correctly apply a tourniquet. These three techniques will empower you to assist in an emergency and potentially save a life.

Eligible students are individuals who may be called upon to assist with trauma patients while waiting for first response or EMS to arrive. The course has been designed for students who have received little or no prior medical training. Examples of potential

students include teachers, taxi drivers, train station attendants, and Transportation Security Administration (TSA) workers.

While the preferred course for educating law enforcement officers is the Tactical Casualty Care for Law Enforcement and First Responders (TCC-LEFR), the BCon materials may be used to introduce these concepts to law enforcement officers.

## Course Types

1. Online Interactive: The STOP THE BLEED® Interactive Course guides you through the three methods of bleeding control using video demonstrations, interactive learning, and spontaneous quizzes. This method is didactic only and offers no certification of class completion. <https://www.stopthebleed.org/training/online-course/>
2. Traditional: This is a live classroom course with an instructor. Usually, an hour in length and available in many locations. This model utilizes classroom instruction, demonstration and skills practice with instructors leading the class. <https://cms.bleedingcontrol.org/class/search>
3. Virtual is where the instructor does live online group presentation of the BCon materials. Students then fulfill the hybrid “skills-only” session at a later scheduled time. These “skills-only” classes can be found at <https://cms.bleedingcontrol.org/class/search>.
4. Hybrid: Online instruction and short quiz with a skills demonstration and verification with a live instructor. In this method, the student watches a video online, takes a short quiz and then receives an email stating their need to complete a “skills-only” session with an instructor. <https://cms.bleedingcontrol.org/class/search>

## Prospective Instructors

### WHO CAN BE AN INSTRUCTOR

While everyone can take the training, we are looking for individuals who are medical professionals or those who deliver healthcare education already. Healthcare and non-healthcare professionals can serve as instructors and certain others as Associate Instructors.

### HEALTHCARE PROFESSIONALS

Individuals under this category must be 18 years of age or older and must complete either the American College of Surgeons STOP THE BLEED® Course (ACS STB Course, ACS STB Interactive course and STB Skills-Only Course, ACS STB Virtual Lecture and STB Skills-

Only) or American College of Surgeons Bleeding Control Course. Retired/Inactive Professionals from the healthcare professional criteria below are eligible so long as they complete the required course. On the application, retired/inactive professionals must select their former profession for consideration.

- Advanced Nurse Practitioner (ANP)
- Certified Athletic Trainer
- Certified Correctional Officer
- Certified Lifeguard
- Certified Medical Assistant (CMA)
- Certified Nursing Assistant (CNA)
- Certified Registered Nurse Anesthetist (CRNA)
- Critical Care Paramedic (FP-C, CCP-C)
- Dentist (DMD/DDS)
- Doctor of Chiropractic Medicine (DC)
- Doctor of Osteopathic Medicine (DO)
- Doctor of Pharmacy (PharmD)
- Doctor of Podiatric Medicine (DPM)
- Doctor of Psychology (PsyD)
- Doctor of Veterinary Medicine (DVM)
- Emergency Medical Technician (EMT)
- Emergency Medical Responder (EMR)
- Medical Doctor (MD)
- Military Medic/Corpsman
- Nurse (RN/LPN/LVN)
- Occupational Therapist (OT)
- Paramedic
- Physical Therapist (PT)
- Physician Assistant (PA)
- Radiological Technologists (RT)
- Registered Dietitian (RD)
- Registered Pharmacist (R.Ph)
- Respiratory Therapist (RT)
- Ski Patrol Certified
- Sworn Law Enforcement Officer
- TCCC/TECCC Instructor



## NON-HEALTHCARE PROFESSIONAL

Individuals under this category must be 18 years of age or older, must complete and pass the online Interactive STOP THE BLEED® Course in addition to completing a full STOP THE BLEED® course prior to applying.

- American Heart Association CPR/BLS Instructor
- American Red Cross CPR/First Aid Instructor
- Certified Health Teacher
- FEMA Certified trainer
- National Safety Council trainer/instructor
- OSHA Safety Instructor
- Organization Safety and Health Instructors
- Wilderness First Responder Instructor

## ASSOCIATE INSTRUCTORS

Individuals under this category must be 18 years of age or older and must complete either the American College of Surgeons STOP THE BLEED® Course (ACS STB Course, ACS STB Interactive course and STB Skills-Only Course, ACS STB Virtual Lecture and STB Skills-Only) or American College of Surgeons Bleeding Control Course.

Associate Instructors can assist Instructors with a course but cannot be sole instructors.

- Any Student of the above Healthcare disciplines who has STOP THE BLEED® Course or Bleeding Control training.
- Non-Clinical Injury Prevention Coordinators that are employed at an ACS verified or State designated Trauma Center and recommended by the Trauma Medical Director or Trauma Program Manager. Upon approval, please follow instructions provided in the confirmation email.

## PROCESS FOR INSTRUCTOR REGISTRATION AND APPROVAL

Instructors must be willing to [understand the instructor information](#) and follow the [guidelines for instructors](#).

1. After fulfilling steps 1 and 2, go online to <https://cms.bleedingcontrol.org/applicant/create> and follow the prompts to create an instructor application. Use an email that can be easily accessed.
2. Write down your login and password that you created.
3. You will receive confirmation by email of your application. Once approved you will receive another email with details included.
4. Once approved, log back in to have access to the instructor portal.

## INSTRUCTION AND PROMOTIONAL MATERIALS

The BCon student teaching materials are updated regularly and available in the online Instructor Portal. <https://cms.bleedingcontrol.org> You will use your login and password that you previously created to access your course materials.

1. Sign in sheet <https://www.stopthebleed.org/media/le2p3tdm/stop-the-bleed-participant-signin-sheet.docx>
2. BCon PDF <https://www.stopthebleed.org/media/qk5jgpgs/lay-public-stop-the-bleed-presentation-pdf.pdf>
3. BCon PowerPoint <https://www.stopthebleed.org/media/ssvhrwr/public-stop-the-bleed-presentation.pptx>
4. Certificate of Attendance <https://www.stopthebleed.org/media/emka5b1f/stb-completion-certificate.pdf>
5. Promotional Poster <https://www.stopthebleed.org/media/qtqmf5i/stb-poster.pdf>
6. General Promotional Material <https://www.stopthebleed.org/resources-poster-booklet>

## Understanding Your Audience

It is important to understand who the students are in the class. Understand their motivation for taking the class and their expectations. Keep things practical and applicable to your student learner.

1. Healthcare students
  - a. Focus on basics of the skills without too much “war story telling.”
  - b. How the information may differ from their original training
  - c. If they are taking to become instructors, teach the class to them as if they were non healthcare providers. They need to “see” how a community course looks.
  - d. Answer their questions and contextualize as much as possible.
  - e. Debunk bad science and present current science and practice if they are resistant.
2. Non healthcare students
  - a. Keep medical jargon out of the instruction.
  - b. Address their fears of performing such “extreme” medical procedure.
  - c. Spend time on the need to act quickly but definitively.
  - d. Stress the Good Samaritan Act and the scientific safety of applying tourniquets.

With all learners, keep things practical and interactive as much as possible. The greatest barrier is not knowledge, but willingness to perform the skills when necessary.

Help your students to know how/where to get supplies to assemble their own Stop the Bleed kit for personal use. Stress the use of commonly available household items and online resources for this purpose. Stop the Bleed Kits and supplies are available for purchase through trusted vendors of your choice. Know your chosen vendor, as there have been reports of counterfeit tourniquets that fail on use. Also, it is important to continually monitor your kits for expired contents or restock needs to ensure each is ready when needed.

One online site for this is <https://www.amazon.com/s?k=stop+the+bleed>.

Infographic to include in Stop the Bleed kit, [https://www.floridahealth.gov/programs-and-services/emergency-preparedness-and-response/prepare-yourself/\\_documents/stb-Insert-compress-control.pdf](https://www.floridahealth.gov/programs-and-services/emergency-preparedness-and-response/prepare-yourself/_documents/stb-Insert-compress-control.pdf)

### Basic Stop the Bleed Kit includes:

- 1- Approved Tourniquet
- 4- Zip Lock Baggies (at least quart sized) or pairs of vinyl gloves
- 1- Roller Bandage
- 4+ Gauze rolls
- 1- Shears
- 1- Permanent Marker
- Written Instructions and in a clearly marked kit or box

### Advanced Stop the Bleed Kit includes the above plus additional:

- Hemostatic Gauze
- Biohazard bags
- EMT sheers
- Occlusive seal
- Extra tourniquets

Encourage:

1. Group creation of STB kits
2. Continuing education and refreshing annually
3. If eligible to instruct, encourage to assist with a course
4. Be available to mentor new instructors.

## Constructing Effective Training Kits

One of the greatest roadblocks to offering community Stop the Bleed courses is the availability of cost effective and available training kits. Each kit trains 8 people.

Purchase:

- 36” hard foam roller/pool noodles and cut into 3rds
- Rolls of 4” Coban material to wrap each section.
- Red and black permanent markers

Assemble:

- Take 1 of the noodle sections and wrap with 2 rolls of Coban.
- Create wounds using permanent red magic marker.
- One deep enough to wound pack near bottom.
- Several “small bullet holes” near top
- One 1” wide near middle and opposite the bullet holes
- One superficial wound

Complete:

- 2 clean towels
- 4 rolls of roller gauze
- 2 tourniquets
- Gloves or zip lock bags
- 1 pair of scissors
- Medium point Sharpie
- Handouts and other materials for participants
- Tote with supplies and checklist

## Resources

- <https://app.peacehealth.org/course/CLookup.aspx?RegionID=0&Keyword=STB> PeaceHealth Sponsored Classes
- <https://www.stopthebleed.org> STB Website
- <https://cms.bleedingcontrol.org> Register as an instructor.
- <https://forms.office.com/r/hkU7QnZtsL> Completed class reporting form