

Why do I need to know this?

- Work-related injuries.
- Mass-casualty incidents.
- Accidents around the home.

Your safety first:

- Ensure your own safety.
If you become injured, you will not be able to help the victim.
- Begin care after securing the scene.
If at any time your safety is threatened, attempt to remove yourself.
- Protect yourself from blood-borne infections.
Wear gloves (if available).

Contents of a Bleeding Control Kit



C.A.T.
tourniquet



Compressed
gauze or
hemostatic
dressing



Gloves



Marker



Shears

Basics of Bleeding Control



gettyimages®
Credit: dorioconnell

What everyone should know to stop bleeding after an injury.

You're protected:

The Good Samaritan Law -
An individual is not civilly liable for providing assistance or care in good faith to a victim at the scene of an emergency.

ORS Law 30.800



peacehealth.org/stopthebleed

24-EMER-701901



The ABCs of Bleeding

- A - Alert:** Call 9-1-1
- B - Bleeding:** Find the bleeding injury
- C - Compress:** Apply pressure to stop the bleeding

- Covering the wound with a clean cloth and applying pressure by pushing directly on it with both hands; if bleeding continues...
- Packing (stuffing) the wound with gauze or a clean cloth and then applying pressure with both hands; if bleeding continues...
- Use a tourniquet.



Addressing different types of wounds

Arms and legs:

- Most frequent cause of preventable death from injury.
- Bleed from these wounds is controlled by direct pressure or tourniquet if needed.

Torso junctional wounds:

- Neck, shoulder, armpit and groin.
- Bleeding is controlled by direct pressure and wound packing.
- Hemostatic agents should be used.

Chest and abdomen (front and back)

- This bleeding CANNOT be stopped.
- Need rapid transfer to a regional trauma center.

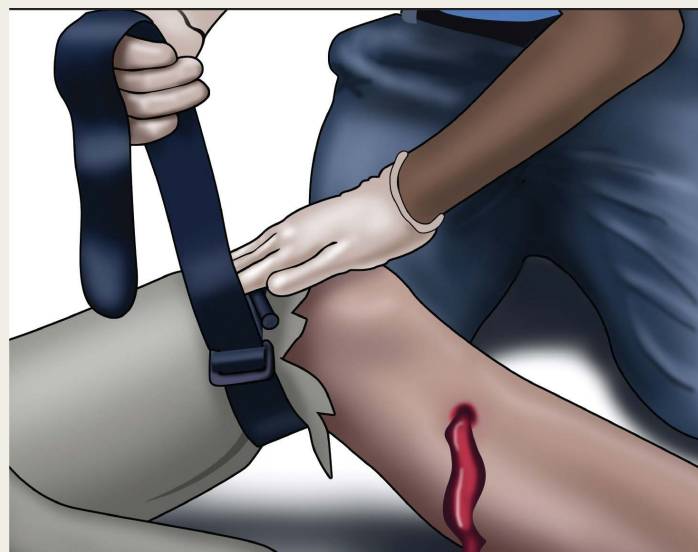
Combat Application Tourniquet (C.A.T.)

Step 1:

Apply the C.A.T. to the wounded extremity (arm or leg).

Step 2:

Pull the self-adhering band as tightly as possible, then wrap all the way back around to fasten the band onto itself.



Step 3:

Twist the rod until the bleed has stopped.

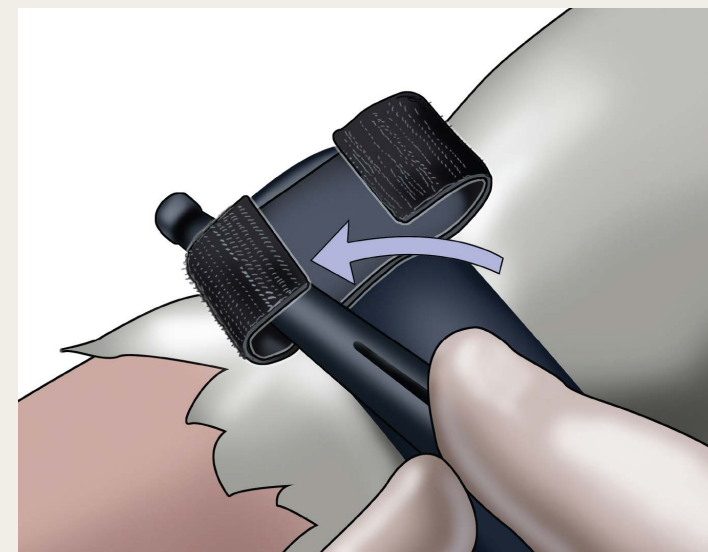
This will hurt!



Contact us for training:
PeaceHealth Trauma Services
541-222-1787 | peacehealth.org/stopthebleed

Step 4:

Secure the rod inside the clip to lock in place.



Step 5:

Secure the rod and band with time strap.

Record the time of application.

