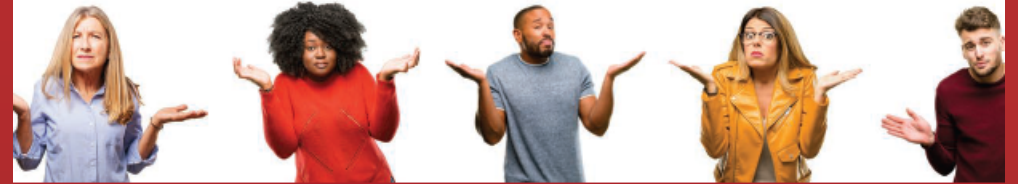


# THE IMPORTANCE OF STOP THE BLEED TRAINING

SAMANTHA FRANKLIN RN

TRAUMA PROGRAM COORDINATOR

MCLAREN CENTRAL MICHIGAN



Would YOU know what to do in case of a traumatic bleeding event?

Average time to bleed out



Average time for 1st responders to arrive



Trauma-related deaths worldwide due to bleeding



Fill the gap and learn how to stop traumatic bleeding  
In less than an hour, you can be prepared to save someone's life



[StoptheBleedProject.org](http://StoptheBleedProject.org)



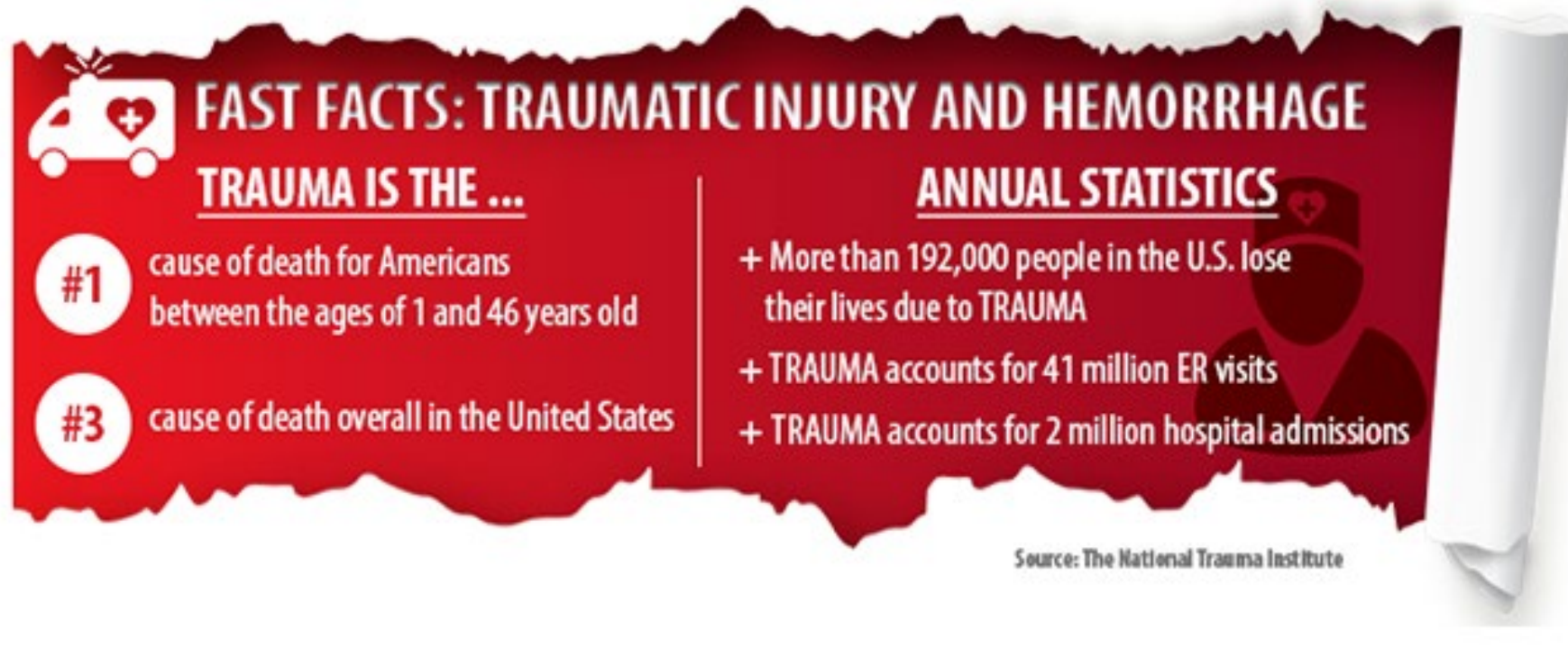
STOP THE BLEED® is a registered trademark of the U.S. Department of Defense.

**WOULD YOU  
KNOW WHAT TO  
DO IF SOMEONE  
WAS BLEEDING  
TO DEATH IN  
FRONT OF YOU?**

**LET'S TALK ABOUT IT .....**



# TRAUMA IS THE LEADING CAUSE OF DEATH IN PEOPLE 45 AND UNDER



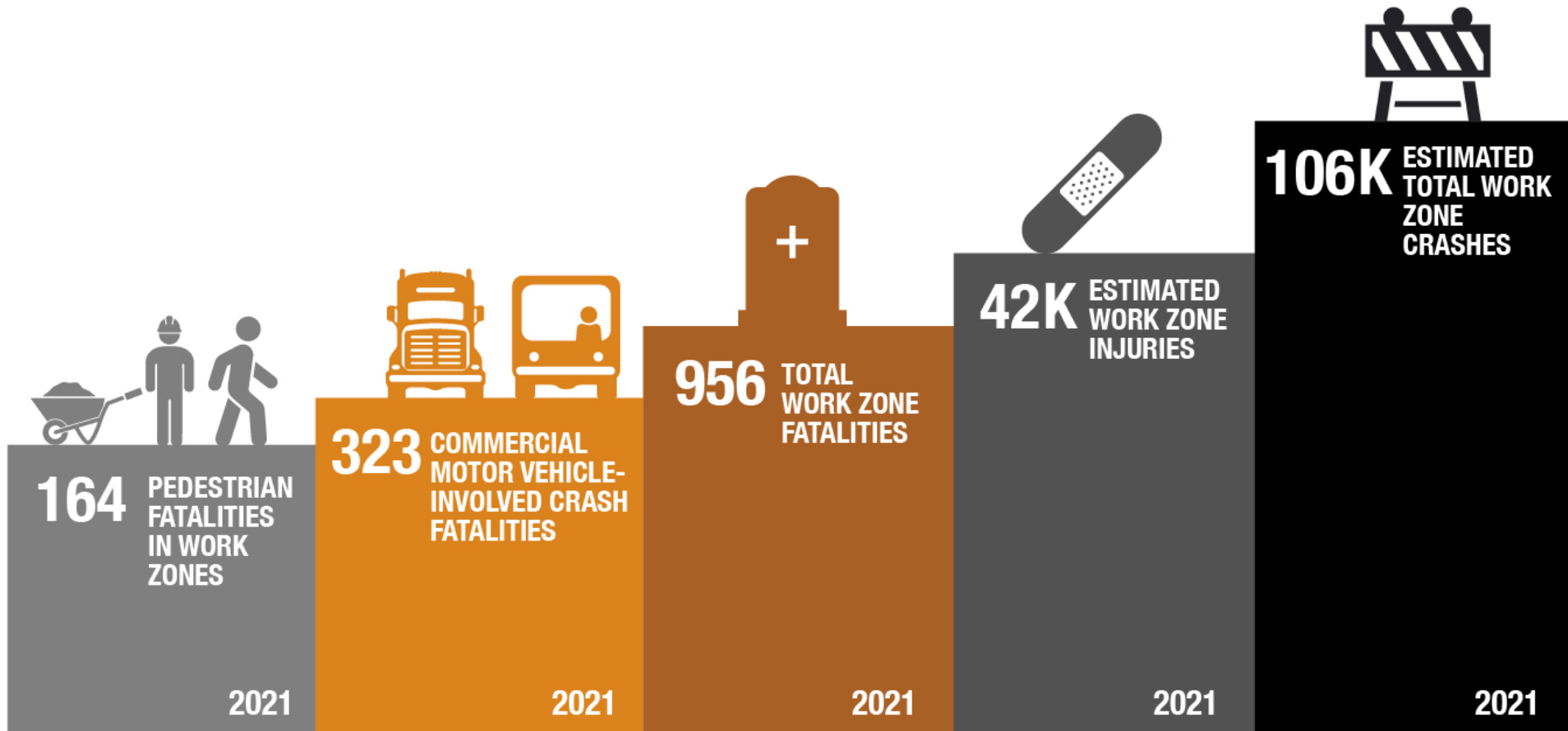
- Serious bleeding emergencies can be caused by household items, sports- or work-related injuries; motor vehicle accidents; animal bites; incidents of violence; episodes of mass casualties and much more

# Why do you care?

- According to the U.S Bureau of labor statistics injuries resulting from roadway incidents involving motorized land vehicles is the leading cause of work-related deaths.
- In 2022, 1,369 workers died
- Injuries resulting from contact with objects and equipment is the third leading cause of work-related death
- In 2022, 738 workers died
- According to the CDC From 2003-2020, 2,222 workers lost their lives at road construction sites— an average of 123 per year



# HIGHWAY WORKERS ARE AT AN INCREASED RISK FOR TRAUMA



# EVERY MINUTE MATTERS

- According to the National Institutes of Health, the average time for emergency responders to arrive on scene after a 911 call is 7 minutes. For rural and underserved areas, the wait increases to 14 to 30 minutes or longer. Victims with traumatic bleeding can die from blood loss within several minutes.
- Bystanders and those on the scene are often the first to witness and respond to bleeding emergencies. Knowing how to stop bleeding in the interim may make the difference between life and death.

AVERAGE TIME TO BLEED OUT:

**3 TO 5 MINUTES**



AVERAGE TIME FOR FIRST RESPONDERS TO ARRIVE:

**7 TO 10 MINUTES**



# WORKERS WITNESS TRAUMA

- Do your workers have the tools they need to save a coworker, bystander, driver or themselves?
- Just having the physical tools (i.e., first aid kit, tourniquet, etc. ) is not enough.
- Do they have the education to properly use those tools?

Estimated completion time: 25 m



**STOP**  
THE BLEED®

**SAVE A LIFE – Start Course**

STOP THE BLEED® Interactive Course  
American College of Surgeons

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**STOPTHEBLEED.ORG**

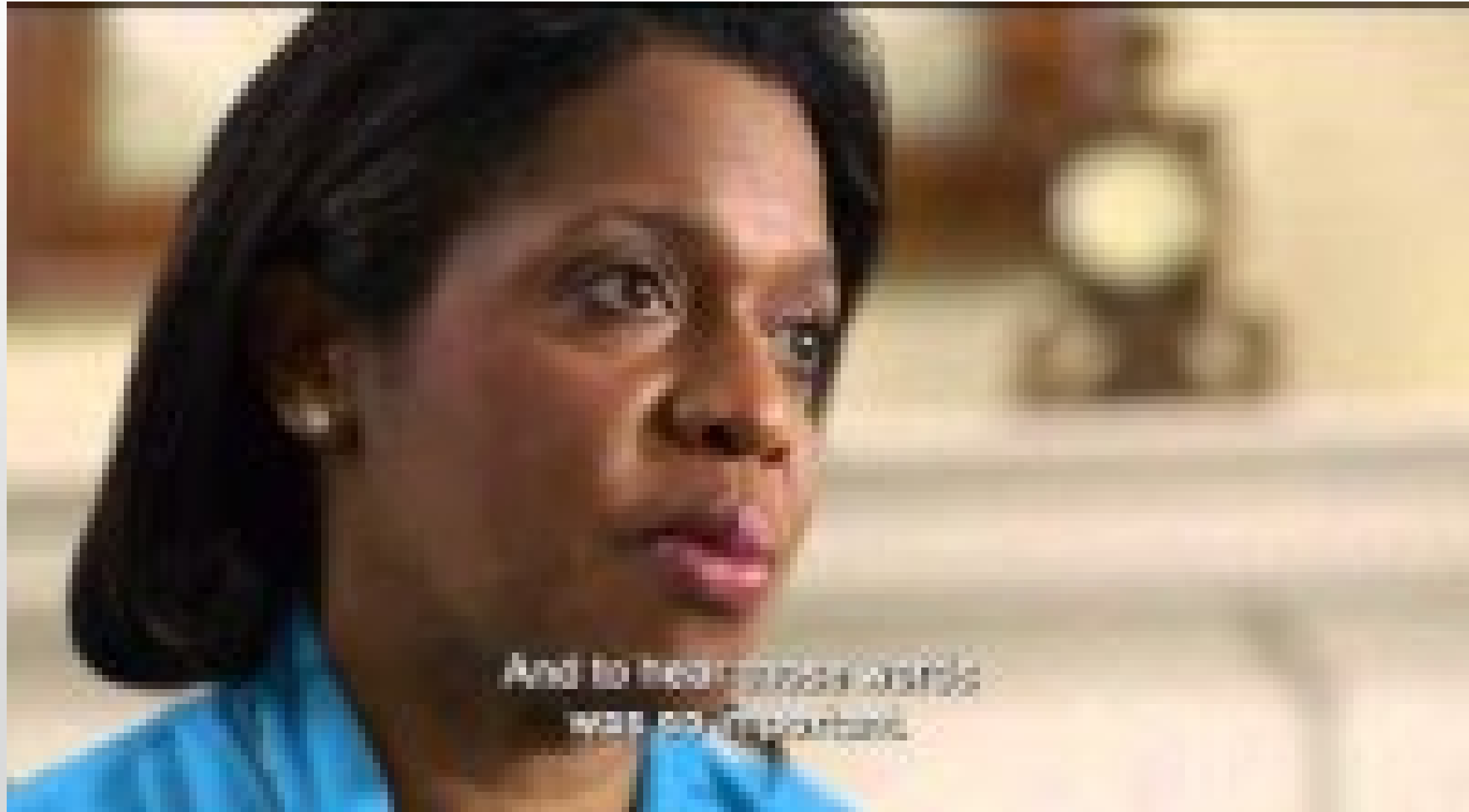


THE  
COMMITTEE  
ON TRAUMA



AMERICAN COLLEGE OF SURGEONS  
Inspiring Quality  
Highest Standards. Better Outcomes  
100+ years

STOP THE BLEED® is a registered trademark of the U.S. Department of Defense



And to me, success at this  
was not important.



**Who here  
knows CPR?**

**Basic First  
Aid?**



# What is STOP THE BLEED?

## The CPR of Bleeding!

- Stop the Bleed is a grassroots national awareness campaign and call-to-action. Stop the Bleed encourages bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives
- STOP THE BLEED® was launched in October 2015 by the White House, with a call to action to begin training more people to become immediate responders during a bleeding emergency until professional help arrives
- The evolution of the STOP THE BLEED® program was influenced by world events. In 2012, 20 children and eight adults were casualties from a tragic mass shooting at Sandy Hook Elementary School in Newtown, CT. A concerned local trauma surgeon who was the Chair of the Connecticut State Committee on Trauma and an ACS Regent, Lenworth M. Jacobs, Jr., MD, FACS, convened a panel of national experts to evaluate the response to such emergencies.



Would **YOU** know what to do in case of a traumatic bleeding event?

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# STOP THE BLEED

TAUGHT BY HIGHLY SKILLED NURSES FROM THE  
MCLAREN CENTRAL MICHIGAN TRAUMA  
PROGRAM



The **STOP THE BLEED** program was developed to train people in the basic techniques of controlling and stopping life threatening bleeding.

The program is designed to work in any situation where there might be a bleeding emergency

This **FREE** one-hour training will give participants the confidence and skills to stop bleeding and save someone's life!

**PLEASE CONTACT:**  
**SAMANTHA FRANKLIN**  
**RN, TRAUMA PROGRAM**  
**COORDINATOR**

[Samantha.Franklin@mclaren.org](mailto:Samantha.Franklin@mclaren.org)

989-779-6687

Who takes the class?  
How much does it cost ?  
How long does it take?

# Does it work?

## 'I could have died there': Teen saves elderly neighbor using 'Stop The Bleed' training



**Saleen Martin**

USA TODAY

Published 1:40 p.m. ET Oct. 25, 2023 | Updated 1:41 p.m. ET Oct. 25, 2023

USA Today

### Iowa teen saves neighbor's life by using 'Stop The Bleed' training

A quick thinking Iowa teen is being hailed as a hero after saving the life of his neighbor using skills he learned in 'Stop The Bleed'...

## 'Stop the Bleed' Saved a Young Athlete's Life

### Stop the Bleed: Knowledge that saved my life during severe injury

TRAUMA / by Guest Contributor / Jul 11, 2018



Florida Today

### 'Stop the Bleed' teaches life-saving skills

Health First's free tourniquet training can save a life – and has.

Sep 3, 2019



# Goals

## 1. Identify

Recognize  
life-threatening  
**bleeding**

## 2. Stop the Bleed

Take steps to  
**STOP THE BLEEDING**

- ✓ Pressure
- ✓ Packing
- ✓ Tourniquets

# ABCs of Bleeding Control

**A** Alert 911

**B** Bleeding

**C** Compress

# ABCs of Bleeding Control

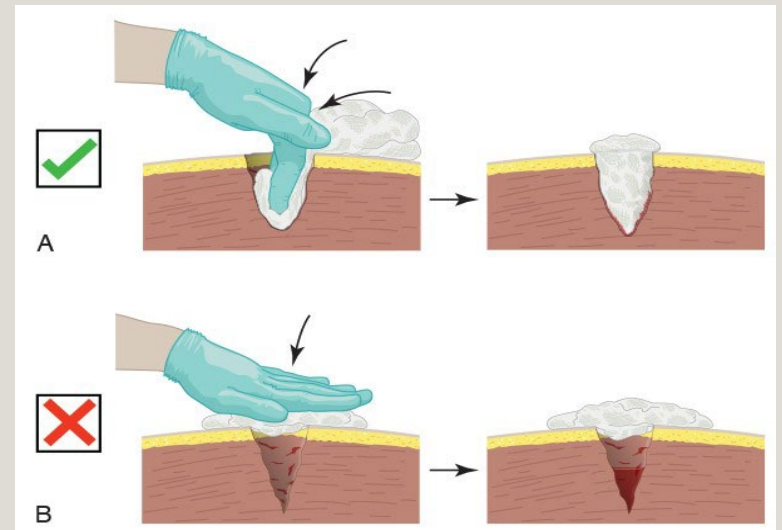




# ABCs of Bleeding Control

## C Compress - Packing

- For large wounds, superficial pressure is not effective
- If **bleeding** is from a deep wound, pack gauze tightly into the wound until it stops the **bleeding**; hold pressure until help arrives



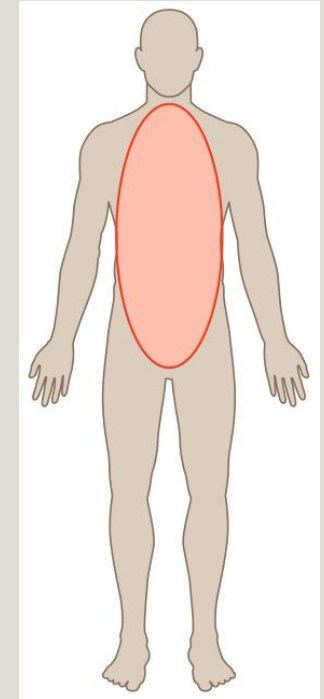
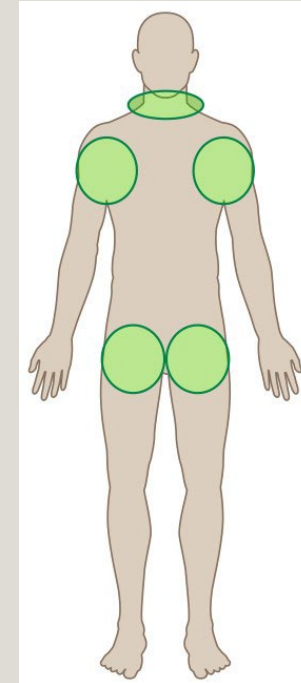
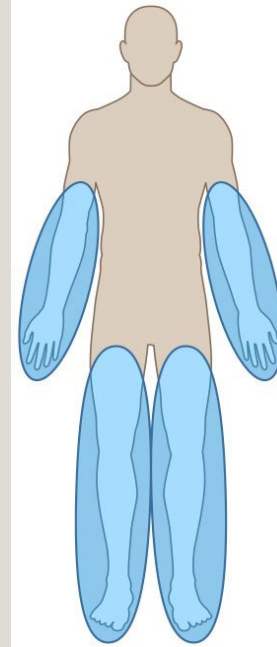
# ABCs of Bleeding Control



# ABCs of Bleeding Control

## C Compress - Packing

- Arms and legs
- Neck, armpits, and groin
- Body



# ABCs of Bleeding Control

## C Compress - Tourniquet

- Apply 2 to 3 inches above wound
- Do not place over the elbow or knee
- Tighten tourniquet until **bleeding** stops
- Do NOT remove the tourniquet

# ABCs of Bleeding Control

## C Compress - Tourniquet

- Can apply to others or on yourself
- Can be applied over clothes
- Tourniquets HURT
- A second tourniquet may be required to stop the **bleeding**

# ABCs of Bleeding Control



ACS endorsed CoTCCC recommended tourniquets for STB

- **Combat Application Tourniquet (C-A-T)**
- **SOF Tactical Tourniquet–Wide (SOFTT-Wide)**

# FAQs

- **Impaled objects?**
- **Improvised tourniquets?**
- **Loss of arm or leg?**
- **Pain?**
- **Other questions?**

# May Is National **STOP THE BLEED**<sup>®</sup> Month

Join more than **2.6 million**  
people who are prepared to  
**STOP THE BLEED**<sup>®</sup>



**SAVE A LIFE**

Life-threatening bleeding warrants immediate intervention. It's an emergency that can happen anywhere, at any time. With the right knowledge and resources, anyone can be equipped to respond and potentially save a life!





**STOP**  
**THE BLEED**<sup>®</sup>

**The only thing more tragic than a death... is a  
death that **could have been prevented.****