



# STOP THE BLEED

## C A M P A I G N

Hosted by: **Fort Lee Fire and Emergency Services**

At the Warrior Training Facility Bldg. 18027 on Wednesday January 13 & Saturday January 16, 2016, From 8:30am to 11:30am both days.

For Questions, call Chief Harness at 804-720-7852. To register see below.

**This Course is FREE & OPEN to the PUBLIC**  
**Registration is First Come First Serve**

In support of "**STOP THE BLEED**" Campaign, Southside Regional Medical Center has partnered with Fort Lee Fire and Emergency Services to promote these Life Saving Skills to our community.

In the past few years alone, Americans have witnessed a series of mass trauma and casualty situations within their own borders, from the 2012 Connecticut school shootings to the 2013 Boston Marathon bombing to the 2015 Amtrak derailment near Philadelphia, PA. Each one of these incidents, regardless of cause, underscores the need for broad public awareness of how, exactly, to respond in such situations. Simply understanding that an event might happen is not enough. Now, all Americans must understand how to react in such situations, and furthermore, how to help their fellow Americans in such drastic and acute situations. This new 2 1/2 hour course teaches participants the basic life-saving medical interventions, including bleeding control with a tourniquet, with gauze packs or topical hemostatic agents, and opening an airway to allow a casualty to breathe.



No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, therefore it is important to quickly stop the blood loss.

"Stop the Bleed" is a nationwide campaign to empower individuals to act quickly and save lives.

\*Remember to be aware of your surroundings and move yourself and the injured person to safety, if necessary.

Call 911.

Bystanders can take simple steps to keep the injured alive until appropriate medical care is available. Here are three actions that you can take to help save a life:

### COMPRESS

Expose to find where the bleeding is coming from and apply firm, steady, pressure to the bleeding site with bandages or clothing.



### TOURNIQUET

If the bleeding doesn't stop, Place a tourniquet 2-3 inches closer to the torso from the bleeding. (The tourniquet may be applied & secured over clothing).

Pull the strap through the buckle, Twist the rod tightly, Clip and secure the rod with the clip or the Velcro strap.

### COMPRESS AGAIN

If the bleeding still doesn't stop, Place a second tourniquet closer to the torso from first tourniquet.

Pull the strap through the buckle, Twist the rod tightly, Clip and secure the rod with the clip or the Velcro strap.



RECOGNIZED RESOURCE OF THE "STOP THE BLEED" CAMPAIGN



**Bleeding Control For The Injured (B-Con)**

- Teaches basic life-saving medical interventions.
- Designed for NON-tactical personnel and civilians.
- ALL NAEMT Instructors are eligible to teach this course.



**YOU MUST REGISTER BY CALLING:**

Jeff McPhearson, NRP-FF  
NAEMT TCCC & PHTLS Affiliate Faculty  
SRMC Regional  
EMS Liaison  
804-765-5689



**Homeland Security**