



# STOP THE BLEED<sup>SM</sup>

**Golden Crescent Regional Advisory Council  
and Victoria Fire Department**

## **BLEEDING CONTROL**

# COMMUNITY EDUCATION PROGRAM

Launched in October of 2015 by the White House, Stop the Bleed is a national awareness campaign and a call to action. Stop the Bleed is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

### **Who can respond and control bleeding?**

Three types of responders who, when properly trained, are crucial to saving victims with severe bleeding:



#### **Trauma professionals**

Hospitalists; emergency department physicians, nurses, and technicians; and trauma surgeons

#### **Professional first responders**

Law enforcement, emergency medical service personnel, fire fighters, and rescue workers

#### **Immediate responders**

Civilian bystanders present at the scene who perform external bleeding control for victims at the point of wounding before the arrival of professional responders

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. Those nearest to someone with life threatening injuries are best positioned to provide first care.

**Program Goal:** The goal of the Program is to educate and empower local Citizens so they can ACT in a bleeding emergency. The educated, empowered, and equipped Citizen can prevent a loss of life with the skills taught in the program. This program is ideal for civic organizations, business offices, industrial facilities, communities of worship, and many others. The training is an interactive fast pasted hands-on event.



**TO REQUEST A COURSE**

**CONTACT:**

VFD Training  
(361) 485-3470

[dwoodward@victoriatx.org](mailto:dwoodward@victoriatx.org)

or

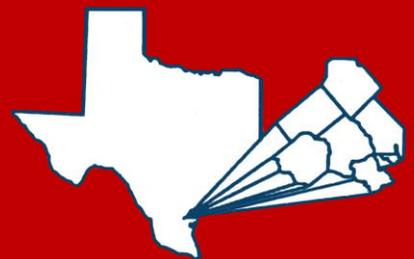
Sarah Quick  
(210) 608-2017

[Sarah\\_Quick@strac.org](mailto:Sarah_Quick@strac.org)



**SEE SOMETHING.  
DO SOMETHING.**

[www.stopthebleedtx.org](http://www.stopthebleedtx.org)



**GOLDEN CRESCENT RAC**

2701 Hospital Drive  
Victoria, TX 77901

[www.gcrac.org](http://www.gcrac.org)

# BLEEDING CONTROL

## COMMUNITY EDUCATION PROGRAM



### Classes:

All Victoria Fire Department sponsored Bleeding Control classes will be coordinated through the VFD Training Division and the Golden Crescent Regional Advisory Council (GCRAC). Battalion Chief Tim Hunter is the designated VFD Bleeding Control Community Education Coordinator. All classes and participant rosters will be reported to the GCRAC within (72) hours of course completion. Additional instructors may be provided by the GCRAC when necessary. All Bleeding Control classes will follow the American College of Surgeons Committee on Trauma Bleeding Control Education and Information Program Curriculum. All training courses will be led by registered Bleeding Control Instructors.

### Instructors:

Healthcare Professionals may become Bleeding Control instructors by completing an authorized Bleeding Control course and registering at [www.cms.bleedingcontrol.org](http://www.cms.bleedingcontrol.org). Registered instructors can join the GCRAC Bleeding Control Instructor list serve for further teaching opportunities. Instructors will receive notification via e-mail when instructors are needed. For further details please contact Sarah Quick at [Sarah.Quick@strac.org](mailto:Sarah.Quick@strac.org).

### Training Resources:

The hands-on training kits can be obtained through the Victoria Fire Department Training Division or the GCRAC Stop the Bleed Coordinator. Other training material including the power point presentation, instructor's guide, and course completion certificate can be found at <http://www.stopthebleedtx.org>.

**STOP THE BLEED**  
SAVE A LIFE  
BLEEDINGCONTROL.ORG

- 1 APPLY PRESSURE WITH HANDS**  
Illustration of a person applying direct pressure to a wound on their arm.
- 2 APPLY DRESSING AND PRESS**  
Illustration of a person applying a dressing and pressing it against a wound on their arm.
- 3 APPLY TOURNIQUET**  
Illustration of a person applying a tourniquet to their arm.

WRAP    WIND    SECURE    TIME

**CALL 911**

**Save a life**  
What everyone should know to stop bleeding after an injury

- Ensure your safety.
- Look for **life-threatening bleeding**.
- Is a **trauma first-aid kit** available?
  - No**: Use any **clean cloth**. Apply **steady direct pressure** directly on the wound.
  - Yes**: Where is the wound?
    - Arm / Leg: Is a **tourniquet** available?
      - Yes**: Apply **above the bleeding site**. Tighten until the bleeding stops.
      - No**: Pack the wound with **bleeding control** (hemostatic gauze preferred), any gauze, or clean cloth. Apply **steady direct pressure**.
    - Neck / Shoulder / Groin: Pack the wound with **bleeding control** (hemostatic gauze preferred), any gauze, or clean cloth. Apply **steady direct pressure**.

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