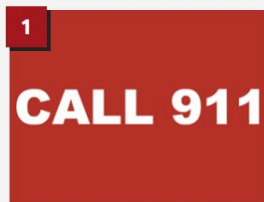


## Stop the Bleed

A bleeding injury can happen anywhere. We've all seen it happen too often—on the news or in everyday life. Life-threatening bleeding can happen in people injured in serious accidents or disasters. Instead of being a witness, you can become an immediate responder because you know how to STOP THE BLEED®.

The person next to a bleeding victim may very well be the one who's most likely to save him or her from bleeding to death. By learning how to STOP THE BLEED®, you'll 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.

### Quick Actions to STOP THE BLEED



Call 911



Apply Pressure with Hands



Pack Wound and Press



Apply Tourniquet

### What stops bleeding?

In a STOP THE BLEED® course, you'll 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.

### Who Can Take the Course

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 1 million people 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.

For more information on Stop the Bleed visit: <https://www.stopthebleed.org/>

## **Do you want to be an instructor?**

Anyone that has successfully completed Bleeding Control training or STOP THE BLEED® Basic Course and meets the following professional requirements can be an instructor for this course:

- Certified Athletic Trainer
- Certified Correctional Officer
- Certified Lifeguard
- Certified Medical Assistant (CMA)
- Certified Nursing Assistant (CNA)
- Certified Registered Nurse Anesthetist (CRNA)
- Dentist (DMD/DDS)
- Doctor of Chiropractic Medicine (DC)
- Doctor of Osteopathic Medicine (DO)
- Doctor of Pharmacy (PharmD)
- Doctor of Podiatric Medicine (DPM)
- Doctor of Veterinary Medicine (DVM)
- Emergency Medical Technician (EMT)
- EMR
- Medical Doctor (MD)
- Military Medic/Corpsman
- Non-Clinical Injury Prevention Coordinator
- Nurse Practitioner (NP)
- Nurse (RN/LPN/LVN)
- Occupational Therapist (OT)
- Paramedic
- Physical Therapist (PT)
- Physician Assistant (PA)
- Registered Dietitian (RD)
- Registered Pharmacist (R.Ph)
- Respiratory Therapist (RT)
- Ski Patrol
- Sworn Law Enforcement Officer
- TCCC/TECCC Instructor
- American Heart Association CPR/BLS Instructor
- American Red Cross CPR Instructor
- American Red Cross First Aid Instructor
- National Safety Council trainer/instructor
- OSHA Safety Instructor
- Certified Health Teacher
- Organization Safety and Health Instructors
- FEMA Certified trainer
- Wilderness First Responder Instructor

**If you qualify to be a Stop the Bleed Instructor, you can sign up at:**

<https://cms.bleedingcontrol.org/applicant/create>