Stop the Bleed
Act Fast to Save a Life

"Stop the Bleed" is a national awareness campaign intended to encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

Uncontrolled bleeding is a major cause of preventable deaths. Approximately 40% of trauma-related deaths worldwide are due to bleeding or its consequences, establishing the need for aggressive, effective bleeding control.

How to Stop the Bleed

1. Ensure Safety: Before you offer help, ensure your own safety. If you are safe, check the scene and then assist the injured person.
2. Call for Help: Call 911 or instruct someone else to do so.
3. Apply Pressure with Hands: Apply firm, steady pressure to the bleeding site with both hands.
4. Apply Dressing and Press: Place a clean cloth or sterile dressing on the wound and press firmly.
5. Use a Tourniquet if Necessary: If the bleeding does not stop, apply a tourniquet 2-3 inches closer to the torso from the bleeding. Tighten until the flow of bleeding stops.
6. Apply Pressure to a Pressure Point: If bleeding continues, apply pressure at a pressure point between the wound and the heart.
7. Keep Pressure on the Wound: Continue to apply pressure until emergency services arrive.

1 APPLY PRESSURE WITH HANDS
2 APPLY DRESSING AND PRESS
3 APPLY TOURNIQUET
WRAP   WIND   SECURE   TIME

Washington Health

washingtonhealth.com