



STOP THE BLEED[®]

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

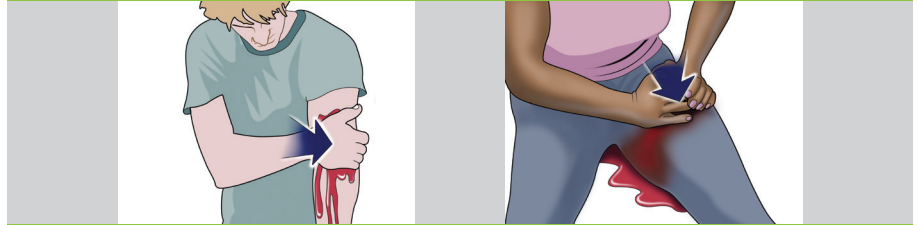
Remember to be aware of your surroundings and move yourself and the injured person to safety, if necessary.

CALL 911

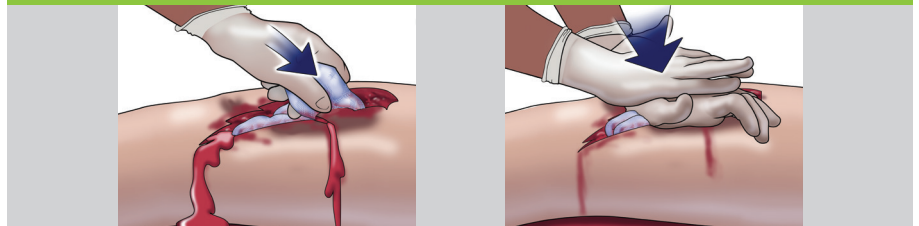
Bystanders can take simple steps to keep the injured alive until appropriate medical care is available.

HELP SAVE A LIFE:

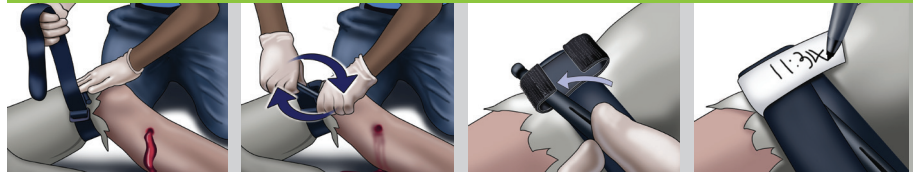
1 APPLY PRESSURE WITH HANDS



2 APPLY DRESSING AND PRESS



3 APPLY TOURNIQUET



WRAP

WIND

SECURE

TIME

WHY LEARN STOP THE BLEED?

- The #1 cause of preventable death after injury is bleeding
- 35% of prehospital deaths are a result of bleeding
- 805 of mass casualty patients are delivered to medical facilities by non-ambulances
- Training can be used at home, work, school, or any other setting
- You can bleed out past the point of recovery in under two minutes
- Bleeding control is a safe and simple method to help save lives
- Tourniquets are safe and can be used up to two hours without any side effects

HOW DO I LEARN MORE?

www.stopthebleed.org
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