STOP THE BLEED®

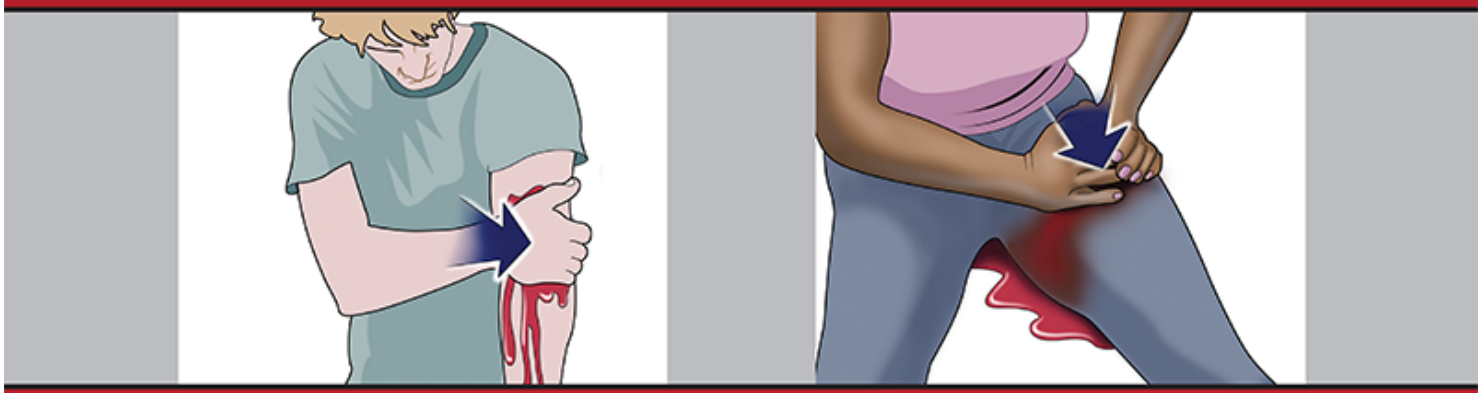
ACS AMERICAN COLLEGE OF SURGEONS

THE COMMITTEE ON TRAUMA

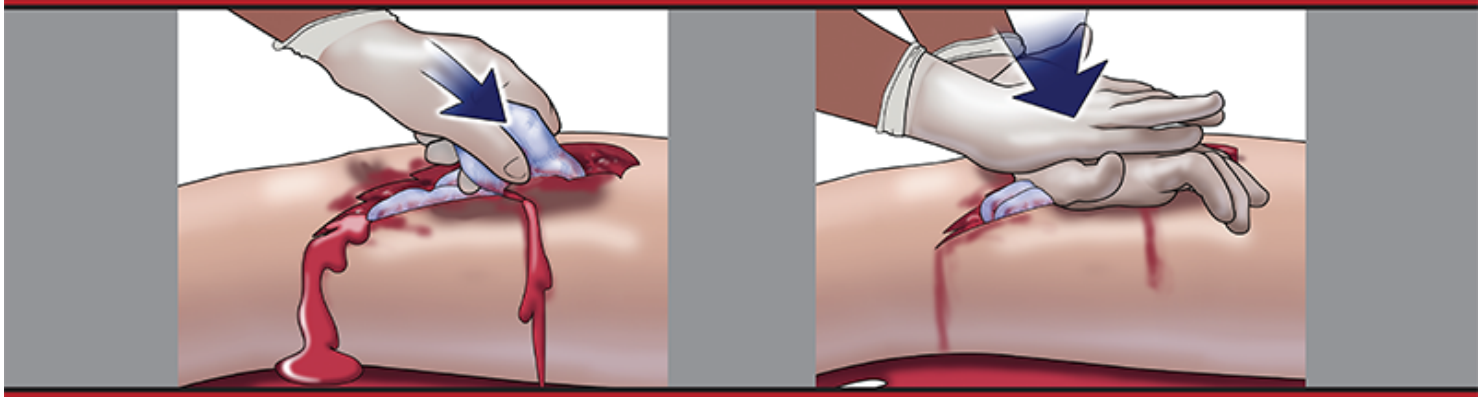
SAVE A LIFE

STOPTHEBLEED.ORG

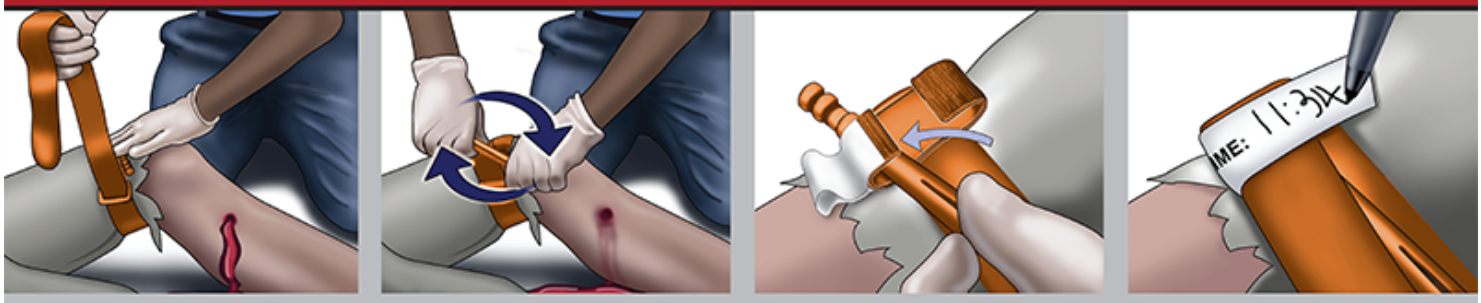
1 APPLY PRESSURE WITH HANDS



2 APPLY DRESSING AND PRESS



3 APPLY TOURNIQUET



WRAP | WIND | SECURE | TIME

CALL 911

The "STOP THE BLEED®" campaign was initiated by a federal interagency workgroup convened by the National Security Council Staff, The White House. The purpose of the campaign is to build national resilience by better preparing the public to save lives by raising awareness of basic actions to stop life-threatening bleeding following everyday emergencies and man-made and natural disasters. Advances made by military medicine and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which exemplifies translation of knowledge back to the homeland to the benefit of the general public. "STOP THE BLEED®" is a registered service mark of the Department of the Defense.

Use of the equipment and the training does not guarantee that all bleeding will be stopped or that all lives will be saved.

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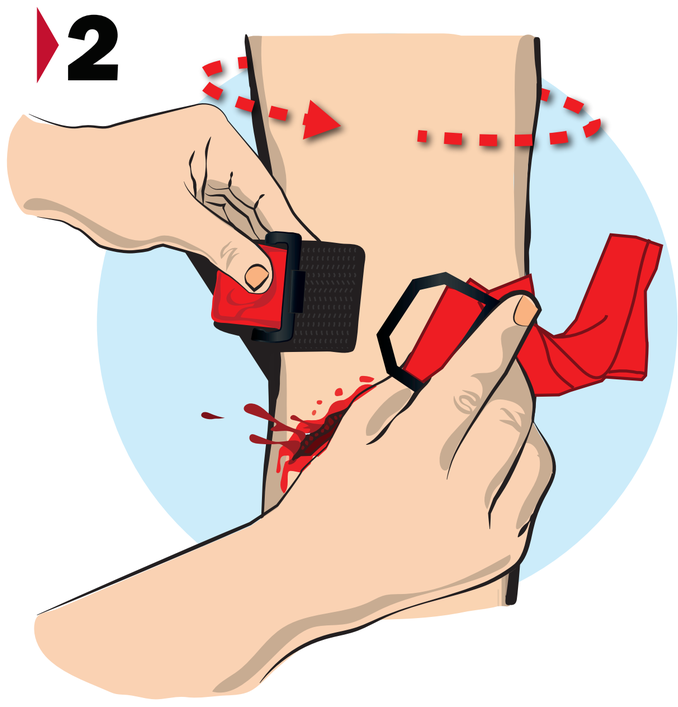
STOP THE BLEED®

Applying a Tourniquet

A wound on the leg or arm that won't stop bleeding is a good candidate for a tourniquet.

Step 1: Stop the bleeding. *Now!*

Expose the wound. Tear clothing away. Immediately apply firm, direct pressure to the wound using gauze, clean cloth, an elbow, hand, or knee — whatever it takes to slow or stop the hemorrhage. If the pressure does not stop the bleeding, and the dressing becomes soaked with blood, you will need to apply a tourniquet.

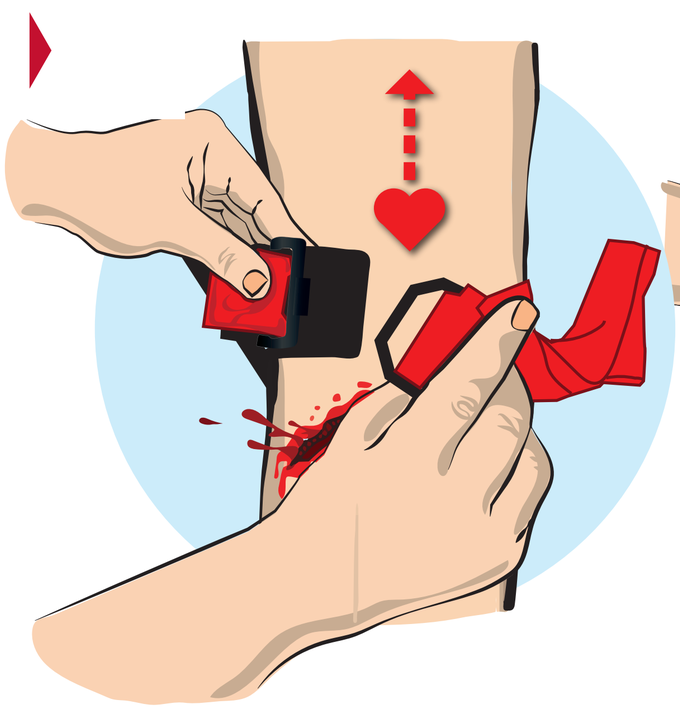


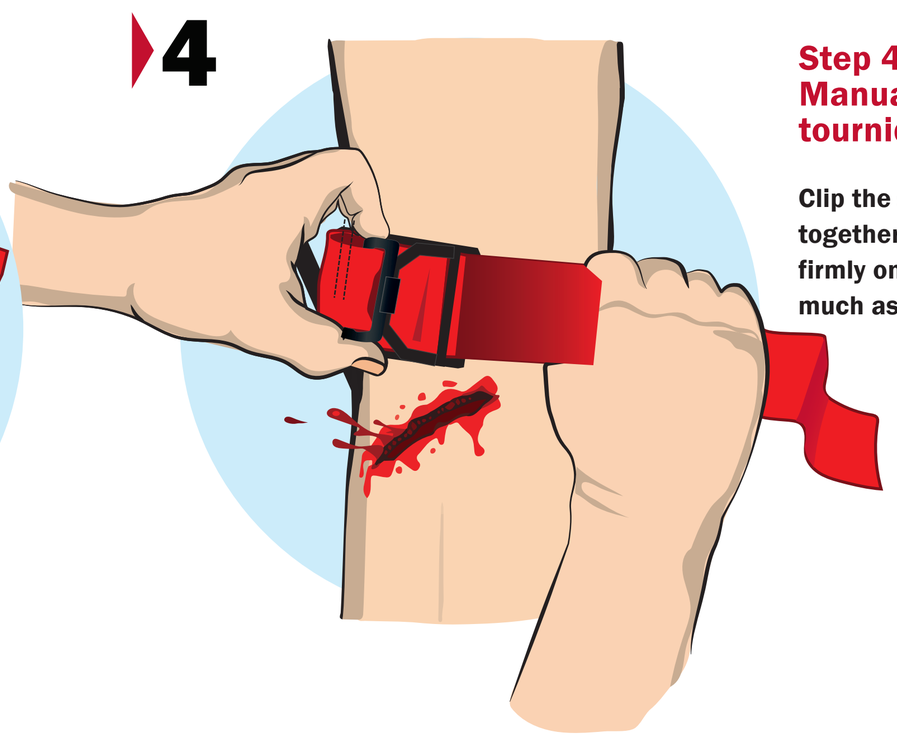
Step 2: Apply the Tourniquet

If the bleeding doesn't stop, place a tourniquet at least 2-3 inches from the wound. The tourniquet may be applied and secured over clothing.

Step 3: Adjust the tourniquet.

Be sure the tourniquet is at least 2-3 inches from the wound. The tourniquet should be placed between the wound and the heart. Do not apply a tourniquet over a joint, such as an elbow, knee, wrist, or ankle. (Joints protect blood passageways and prevent the pressure needed to stop an arterial bleed.)



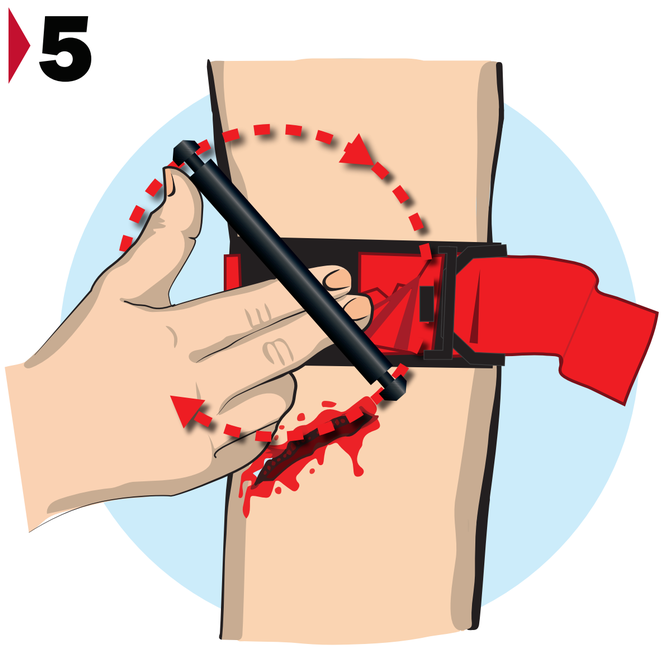


Step 4: Manually tighten the tourniquet

Clip the sides of the tourniquet together using the buckle and pull firmly on the end strap. Tighten it as much as you can.

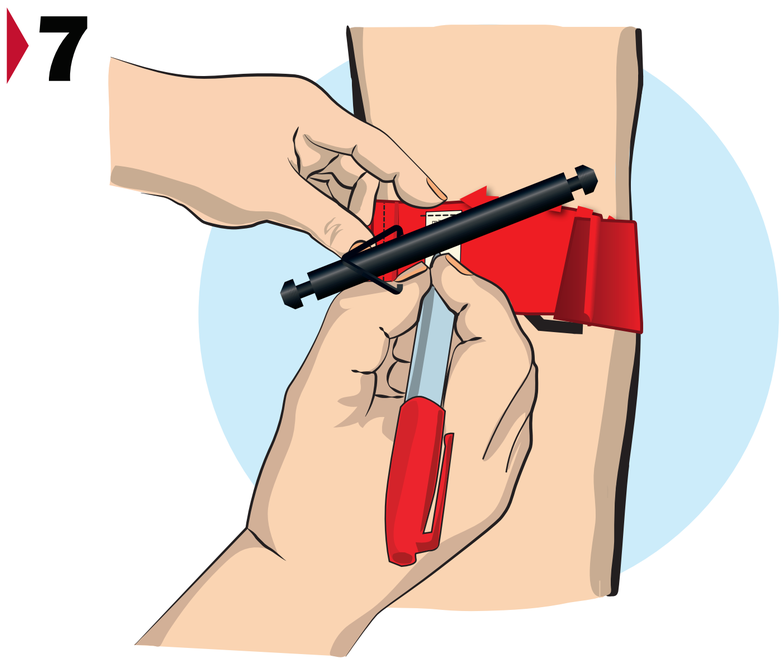
Step 5: Use the windlass rod to further tighten the tourniquet.

Twist the windlass rod in one direction to increase the pressure and stop the bleeding.



Step 6: Secure the windlass rod.

Using the windlass clip, secure the rod so that it does not unwind. If there is a velcro strap, also use that to secure the windlass.



Step 7: Make a note of the time.

Note the time that the tourniquet was applied. This is important because leaving a tourniquet on too long can cause damage to the tissue. A time-stamp will help care-givers know which patients to treat first.

Homeland Security

The "Stop the Bleed" campaign was initiated by a federal interagency workgroup convened by the White House National Security Council Staff. The purpose of the campaign is to build national resilience by raising awareness of basic actions to stop life threatening bleeding following everyday emergencies and man-made and natural disasters. The Department of the Defense owns the "Stop the Bleed" logo and phrase.

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