



**SAVE A LIFE**

**Thank you for taking the Stop the Bleed Class with CPR Florida Instructors.**

**Use this alone or in conjunction with one of our cpr aed and first aid classes.**

**Remember in any emergency to first call 911 to get EMS on the way, but they can also assist you over the phone and give you any necessary first aid or emergency instructions to help save more lives.**

**Get more information at [www.cprflorida.net](http://www.cprflorida.net)**



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, 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. Here are three actions that you can take to help save a life:

#### 1. Apply Pressure with Hands

**EXPOSE** to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with both hands if possible.



#### 2. Apply Dressing and Press

**EXPOSE** to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with bandages or clothing.



#### 3. Apply Tourniquet(s)

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



If the bleeding still doesn't stop, place a second tourniquet closer to the torso from first tourniquet.



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. The Department of the Defense owns the 'Stop the Bleed' logo and phrase - trademark pending.



Homeland  
Security

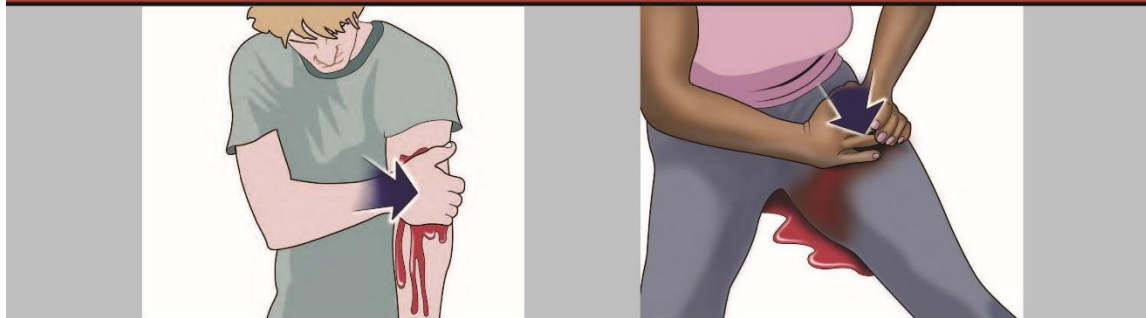
Office of Health Affairs



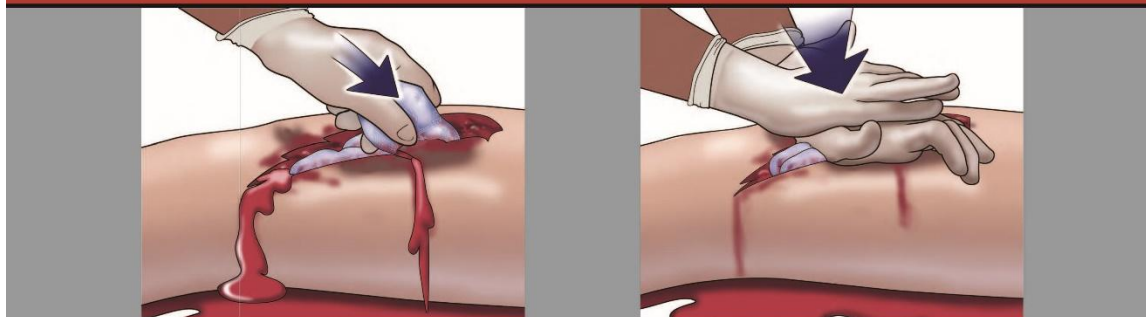
# STOP THE BLEED<sup>SM</sup> SAVE A LIFE



## 1 APPLY PRESSURE WITH HANDS



## 2 APPLY DRESSING AND PRESS



## 3 APPLY TOURNIQUET



WRAP

WIND

SECURE

TIME

# CALL 911

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# WHY YOU NEED TO HELP “STOP THE BLEED”

BLEEDING IS A COMMON  
**BUT PREVENTABLE**  
CAUSE OF DEATH



According to the New England Journal of Medicine, death from hemorrhagic shock is a global problem. The median time from onset to death is two hours, which means recognizing the signs of hemorrhagic shock early and taking action immediately can be life-saving.

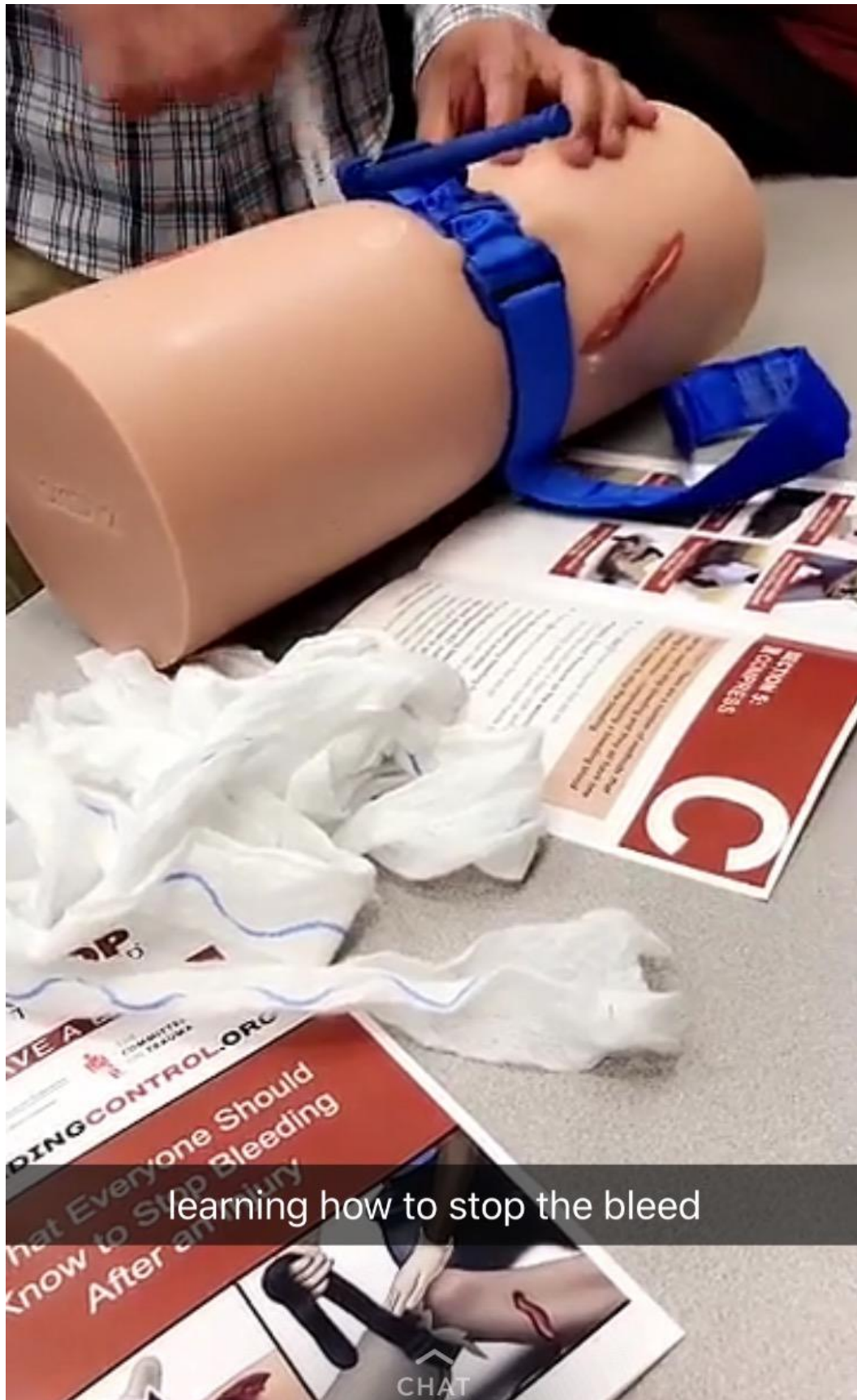


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THE BLEED  
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learning how to stop the bleed