



## Western Nevada College ENVIRONMENTAL HEALTH AND SAFETY

### SPOTLIGHT ON SAFETY

#### WHAT EVERYONE SHOULD KNOW TO STOP BLEEDING AFTER AN INJURY

Bleeding is the #1 cause of preventable death after injury, with 80% of operating room deaths within 24 hours of trauma, due to severe blood loss.

The American College of Surgeons, in response to the growing number of active shooter and intentional mass casualty events, convened a Joint Committee made up of medical groups, the military, the National Security Council, Homeland Security, the FBI, law enforcement, fire rescue, and EMS. Known as the Hartford Consensus, they recommend all citizens learn to stop bleeding to increase survival, given the severity of these events.

WNC's Complete Bleeding Control Kits are in all Cintas First Aid Kits. They contain the following bleeding supplies, ensuring you can respond efficiently in critical situations with immediate care for victims. Contents:

1. Stop the Bleed Information Sheet
2. Emergency Space Blanket
3. Permanent Marker
4. Bandage Shears
5. One Pair of Black Disposable Nitrile Gloves
6. Vented Chest Seal for sealing penetrating wounds (e.g., gunshots or stabbings)
7. Quick-Tight Windlass Tourniquet
8. Compressed 4-Inch Gauze Bandages for stopping bleeding (3)

#### IN CASE OF A BLEEDING EMERGENCY, ANYONE CAN SAVE A LIFE USING THESE 3 TECHNIQUES AFTER CALLING 911 TO GET HELP:

**Apply Direct Pressure:** Put on disposable gloves. Press a clean cloth, compressed gauze bandage, or your hands directly and firmly on the wound. Use your body weight and maintain continuous, heavy pressure without letting up until emergency medical responders arrive. If blood soaks through, place another cloth on top rather than removing the first cloth.

**Pack the Wound:** For deep, wide, or gaping wounds on the neck, shoulders, or groin, tightly stuff the wound cavity with gauze or clean fabric. Once packed, apply continuous pressure on top of the packing with both hands

**Apply a Tourniquet:** For severe bleeding on an arm or leg, place a commercially made tourniquet 2 to 3 inches above the wound. Tighten it until the bleeding stops completely. **Never** place a tourniquet directly over a joint, like the elbow or knee.

Further information about the Hartford Consensus and bleeding control can be found at <https://www.stopthebleed.org/>

## STOP THE BLEED



#### Symbol Design & Meaning

- **The Hand:** Represents a bystander stepping in to manually apply direct pressure, which is the foundational step to save a life during a bleeding emergency.
- **The Stop Sign:** Serves as a visual command to halt blood loss and halt the progression of a life-threatening hemorrhage before professionals arrive.
- **The Message:** Encapsulates the core campaign mission: empowering ordinary people with the simple training required to be immediate responders.
- **TAGLINE: "EVERYBODY HAS THE CAPACITY TO HELP SOMEBODY".**



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