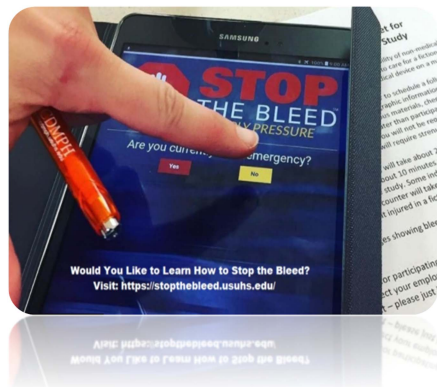




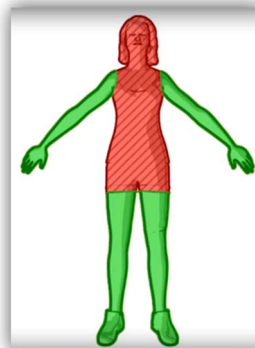
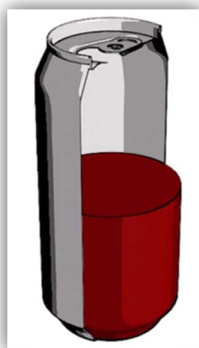
**T**rauma is the leading cause of death for people 1-40 years old.<sup>1</sup> Bleeding can often be stopped with **direct pressure** by using your hands or available materials such as a towel or shirt to apply firm, steady pressure to a wound. Life-threatening bleeding from the arms or legs can be stopped by a **tourniquet**. *Stop the Bleed* is a national campaign to teach and equip the public to save lives during bleeding emergencies.<sup>1</sup> To further the *Stop the Bleed* initiative, the National Center for Disaster Medicine and Public Health at the Uniformed Services University developed a series of educational tools to facilitate tourniquet application by the public.



**These tools include:**

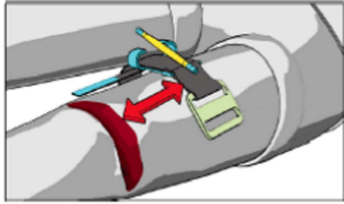
- Stop the Bleed website - stopthebleed.usuhs.edu
- 5-minute instructional video
- Stop the Bleed app (free at Apple App Store & Google Play)
- Just in Time (JiT) instructional card

Life-threatening Bleeding	Non Life-threatening Bleeding
<p>You can determine if bleeding is life-threatening by looking at the volume of blood and the flow. Bleeding is life-threatening if:</p> <ul style="list-style-type: none"> <li>• Blood is continuously flowing or squirting</li> <li>• There is a half can of soda’s worth of blood on the ground, or pooling on the surface</li> </ul>	<p>Non-life-threatening bleeding resolves on its own or with direct pressure. A paper cut or a minor cut while cooking is considered non-life-threatening types of bleeding.</p>

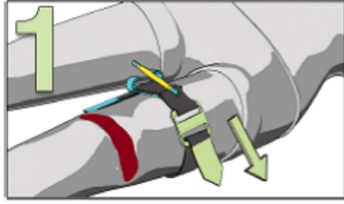


Apply tourniquet on the arms or legs only

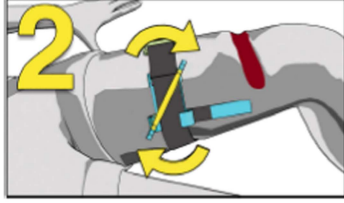
**Determine that you are safe where you are.  
Tell someone to call 911.**



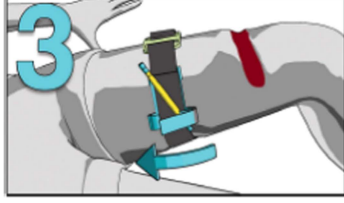
Place the tourniquet 2-3 inches above the wound. It should be between the torso and the wound.



**1** **PULL** the free end of the Velcro strap. Thread it through the buckle. Securely fasten it back onto itself.



**2** **TWIST** the rod. Keep twisting until bleeding stops. It is normal for this to cause some pain.



**3** **CLIP** and secure the rod with the small Velcro strap so that it does not untwist. If bleeding hasn't stopped, apply a second tourniquet above the previous one, closer to the torso.

**Continue to monitor and comfort the injured person until help arrives.  
Do not loosen or remove the tourniquet.**

**About the Authors**

National Center for Disaster Medicine and Public Health, Uniformed Services University, Rockville, Maryland.

Correspondence and reprint requests to: Luis E. Rojas, National Center for Disaster Medicine and Public Health, Uniformed Services University, 11300 Rockville Pike, Suite 1000, Rockville, MD 20852 (email: luis.rojas.ctr@usuhs.edu).

**Disclaimer**

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**REFERENCE**

1. Goolsby C, Strauss-Riggs K, Klimczak V, et al. Brief, Web-based Education Improves Lay Rescuer Application of a Tourniquet to Control Life-threatening Bleeding. *AEM Education and Training*. 2018;2(2):141-161.

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