hsi | MEDIC First Aid | AMERICAN SAFETY & HEALTH INSTITUTE | EMS SAFETY

STOP LIFE-THREATENING BLEEDING

skill guide
Ver 9.0, 2022

-SAMPLE-INTERNAL USE ONLY-

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Regarding the Simulated Bleeding and Blood Pools Portrayed in This Training Program

Life-threatening external bleeding from injury can lead to death within minutes before EMS providers arrive. Consequently, proper first aid by immediate responders can be the difference between life and death for the bleeding victim. This training program directs the immediate responder to consider external bleeding to be life-threatening if blood is gushing, spurting, or flowing continuously, or when there is about a half can of soda's worth of blood (6 fluid ounces, or 177 mL) on the ground or pooling on a surface. Yet, research has shown that blood loss estimations by both laypersons and medical professionals are largely inaccurate and underestimated, even more so for female victims. So, even if an immediate responder knows that a half can of soda's worth blood loss should be treated as life-threatening, they may incorrectly perceive the amount of blood present and fail to respond appropriately. Given these facts, all of the simulated pools of blood used in this program were measured at 6 oz. Showing this amount of simulated blood pooling (and other signs of life-threatening external bleeding including clothing or bandages soaked in simulated blood) is necessary, appropriate, and justified to help students recognize the severity of the injury and respond appropriately. It is expressly not intended to be gratuitously graphic.

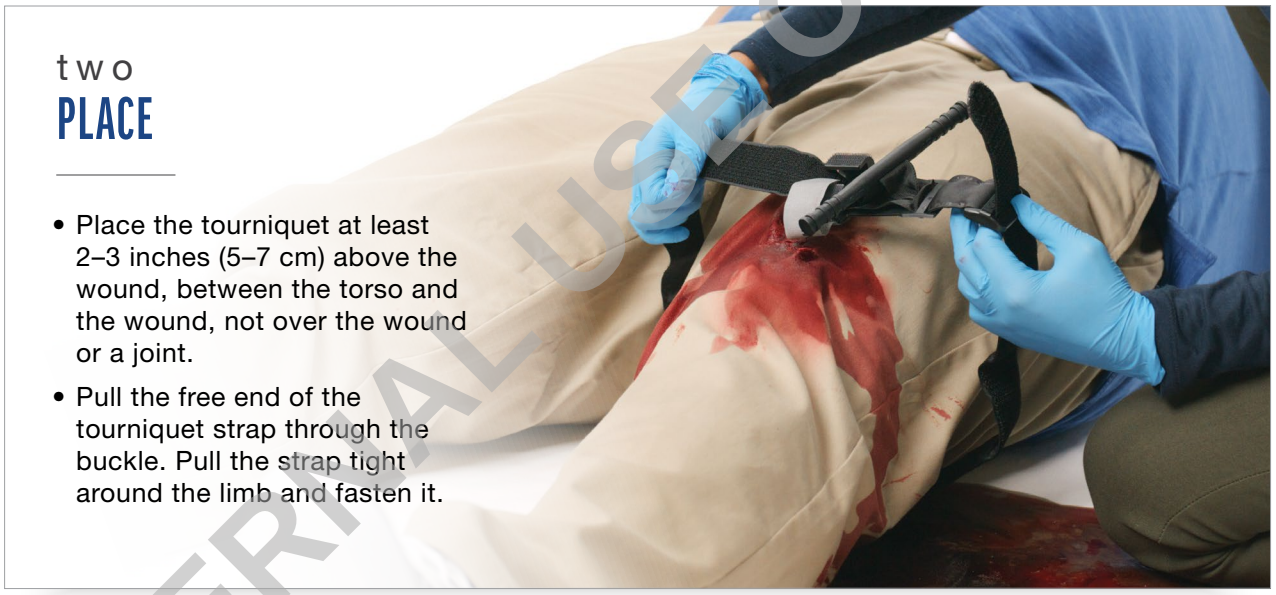
skill sheet three

USING A COMMERCIAL WINDLASS TOURNIQUET

WHEN LIFE-THREATENING BLEEDING FROM A WOUND ON AN ARM OR LEG IS PRESENT & A BLEEDING CONTROL KIT **IS** READILY AVAILABLE.

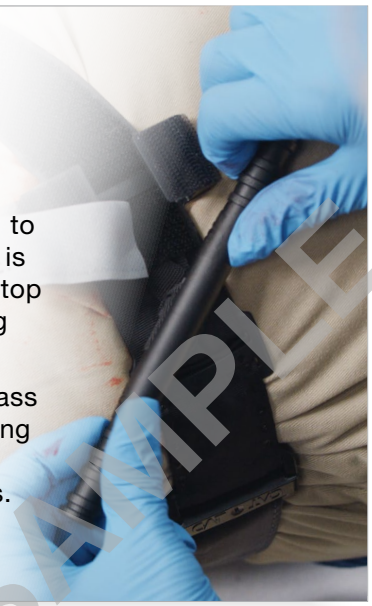
one
FIND BLEEDING SOURCE

- Open, lift away, or remove clothing covering the wound so you can clearly see it.



two
PLACE

- Place the tourniquet at least 2–3 inches (5–7 cm) above the wound, between the torso and the wound, not over the wound or a joint.
- Pull the free end of the tourniquet strap through the buckle. Pull the strap tight around the limb and fasten it.



three
TURN

- Tell the person to expect pain; it is necessary to stop life-threatening bleeding.
- Turn the windlass and keep turning it until the bleeding stops.

four
SECURE

- Secure the windlass to the tourniquet so it does not untwist.

five
DOCUMENT

- Document the time that the tourniquet was applied.
- Once you have applied a tourniquet, do not loosen or remove it.

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skill sheet five

WOUND PACKING WITH DIRECT MANUAL PRESSURE

WHEN LIFE-THREATENING BLEEDING FROM A WOUND ON THE NECK, SHOULDER, OR GROIN IS PRESENT & A BLEEDING CONTROL KIT IS READILY AVAILABLE.

one
FIND BLEEDING SOURCE

- Open, lift away, or remove clothing covering the wound so you can clearly see it.

two
PACK THE WOUND

- Pack hemostatic gauze into the wound until no more goes in.
- If hemostatic gauze is not available, use plain gauze or any clean material available.

three
USE DIRECT MANUAL PRESSURE

- Use direct manual pressure on the wound with sterile trauma dressings, compressed gauze, or a 10-pack of sterile 4x4 gauze, if available.
- If sterile dressings are not available, use any clean material available.

four
PUSH HARD

- Use the heel of one hand with the other hand stacked on top of the first, or use the pads of 3 fingers of each hand stacked on top of each other.
- Push straight down, with the shoulders directly over the hands and with the elbows locked.
- Use continuous pressure.

five
KEEP CONTINUOUS PRESSURE

- Don't remove pressure to add more gauze, and don't remove blood-soaked materials.
- Keep pressing hard until the bleeding stops, someone takes over for you, or the scene becomes unsafe.

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SCENARIO SHEET TWO

[Fill in the blank to adjust to your community or occupational setting.]

You are an immediate responder to [_a shout for help_] from [_the street_] by [_a motorcycle rider_] who [_crashed_]. The scene is safe. The [_motorcycle rider_] is [_lying on the pavement_] holding their hand over bloody clothing covering their forearm, and blood is dripping continuously on the ground. No one else is nearby so you activate EMS on your cell phone with the speaker function on. You have a keychain kit containing latex-free disposable gloves and a clean hand towel, but no bleeding control kit. Demonstrate what actions you would take next.

PROCEDURE	IMMEDIATE RESPONDER ACTION (PERFORMANCE CRITERIA)	PROMPTER
Obtain Consent	▸ Obtain consent. Introduce yourself and ask, "May I help you?"	***Person says, "Yes, please. My arm!"***
Find Bleeding Source	▸ Open, lift away, or remove clothing covering the wound so the source of bleeding can be clearly seen.	***Blood is flowing continuously from a large laceration with a jagged, open wound.***
Apply Direct Manual Pressure	▸ Place hand towel over the wound. ▸ Correctly apply direct manual pressure on the wound. ▸ Use the heel of one hand with the other hand stacked on top of the first, or use the pads of 3 fingers of each hand stacked on top of each other. ▸ Push straight down, with the shoulders directly over the hands and with the elbows locked. ▸ Use continuous pressure.	
Keep Continuous Pressure	▸ Don't remove pressure and don't remove blood-soaked materials. ▸ Keep pressing hard until the bleeding stops, a tourniquet is applied to an arm or a leg, someone takes over for you, or the scene becomes unsafe.	***Blood is soaking through the hand towel.*** ***EMS arrives and takes over.***
END SCENARIO. WHAT WENT RIGHT? WHAT NEEDED IMPROVEMENT?		

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