



The Quick Fix

First Aid & Health education

BLEEDING CONTROL



The Quick Fix

First Aid & Health education

What's covered;

- ◆ ABCs of Bleeding control
- ◆ Personal safety
- ◆ Direct pressure to stop bleeding
- ◆ Wound packing
- ◆ Use of a Tourniquet
- ◆ Bleeding control in children
- ◆ Q&A



STOP
THE BLEED®

SAVE A LIFE



STOP THE BLEED®

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STOP THE BLEED® Course American College of Surgeons

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Version 2



STOPTHEBLEED.ORG



THE
COMMITTEE
ON **TRAUMA**



100+years

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*Inspiring Quality:
Highest Standards, Better Outcomes*



QUALITY PROGRAMS
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The American
College of Surgeons
Committee on
Trauma



The American
College of
Emergency
Physicians



The National
Association of
Emergency Medical
Technicians



The Committee
on Tactical
Combat
Casualty Care

Some of the *images* shown during this presentation may be disturbing to some people.

Why Do I Need This Training?

The #1 cause of preventable death after injury is **bleeding.**

Where Can I Use This Training?



Goals

1. Identify

Recognize
life-threatening
bleeding

2. Stop the Bleed

Take steps to
STOP THE BLEEDING

- ✓ Pressure
- ✓ Packing
- ✓ Tourniquets

Personal Safety

YOUR safety is **YOUR** first priority

- If you are injured, you cannot help others
- Help others only when it's **safe** to do so
- If the situation changes or becomes **unsafe**:
 - ✓ Stop
 - ✓ Move to safety
 - ✓ If you can, take the victim with you

Personal Safety

YOUR safety is **YOUR** first priority

- Wear gloves if you can
- If you get **blood** on you, be sure to clean any part of your body that the blood has touched
- Tell a health care provider that you got **blood** on you, and follow his or her direction

ABCs of Bleeding Control

A Alert EMS

B Bleeding

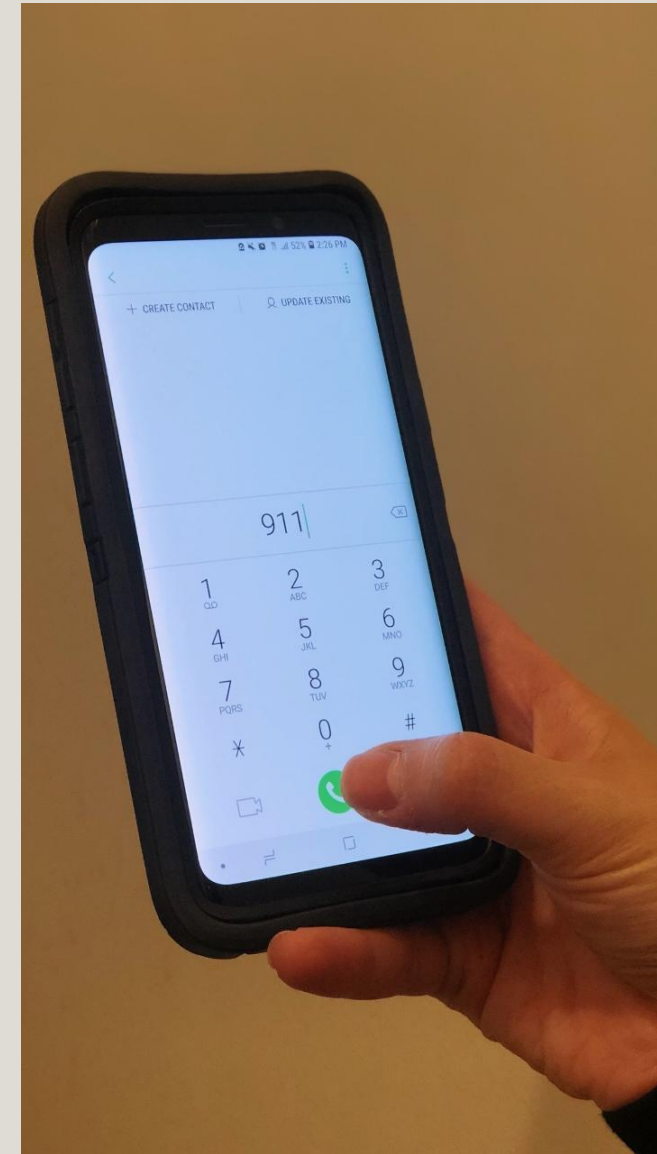
C Compress

ABCs of Bleeding Control

A Alert EMS

B Bleeding

C Compress



ABCs of Bleeding Control

A Alert EMS

- Call EMS
- Know your location
- Follow instructions provided by emergency operator

ABCs of Bleeding Control

A Alert EMS

B Bleeding

C Compress



ABCs of Bleeding Control

B Bleeding

- Find source of **bleeding**
- Look for:
 - ✓ Continuous **bleeding**
 - ✓ Large-volume **bleeding**
 - ✓ Pooling of blood

ABCs of Bleeding Control

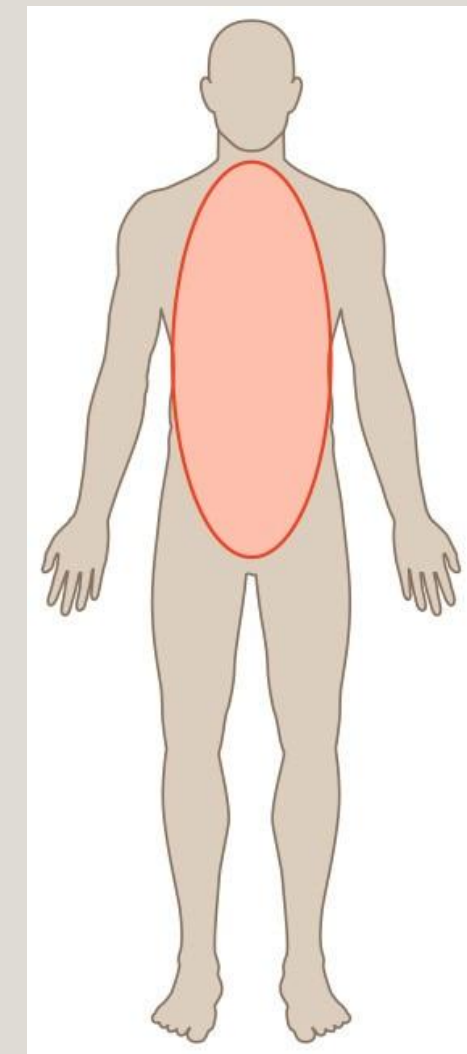
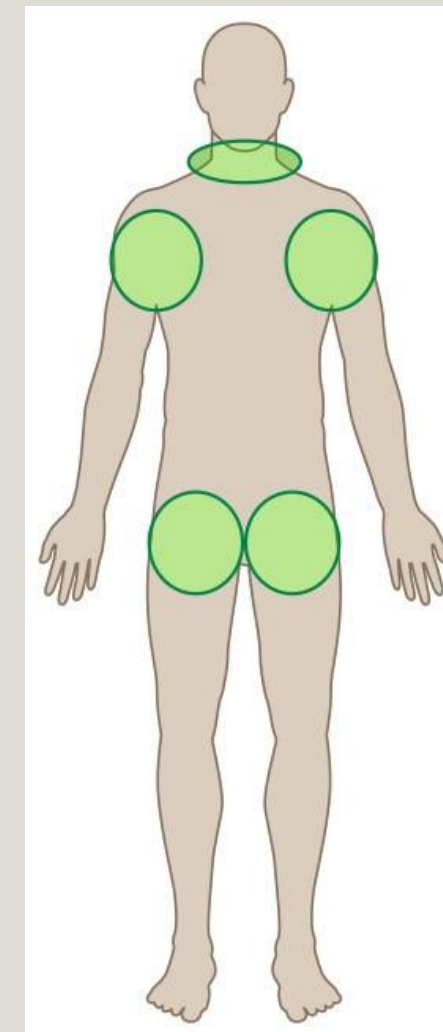
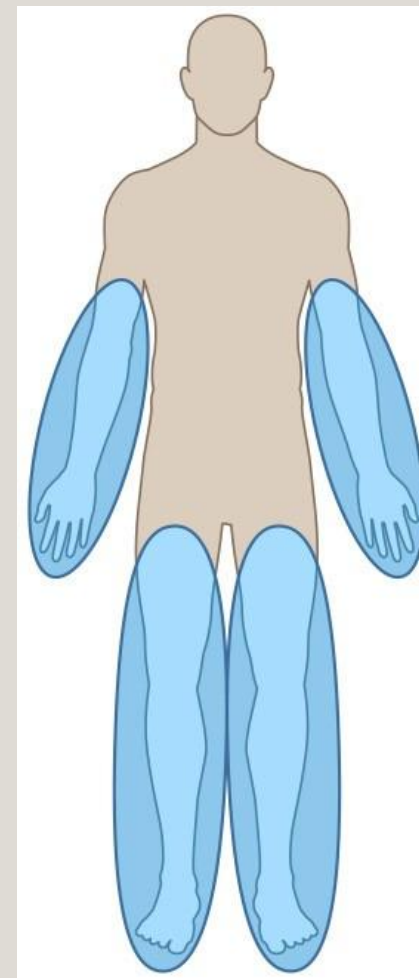
B Bleeding

- There may be multiple places the victim is **bleeding**
- Clothing may also hide life-threatening **bleeding**

ABCs of Bleeding Control

B Bleeding

- Arms and legs
- Neck, armpits, and groin
- Body



ABCs of Bleeding Control

A Alert EMS

B Bleeding

C Compress - Pressure

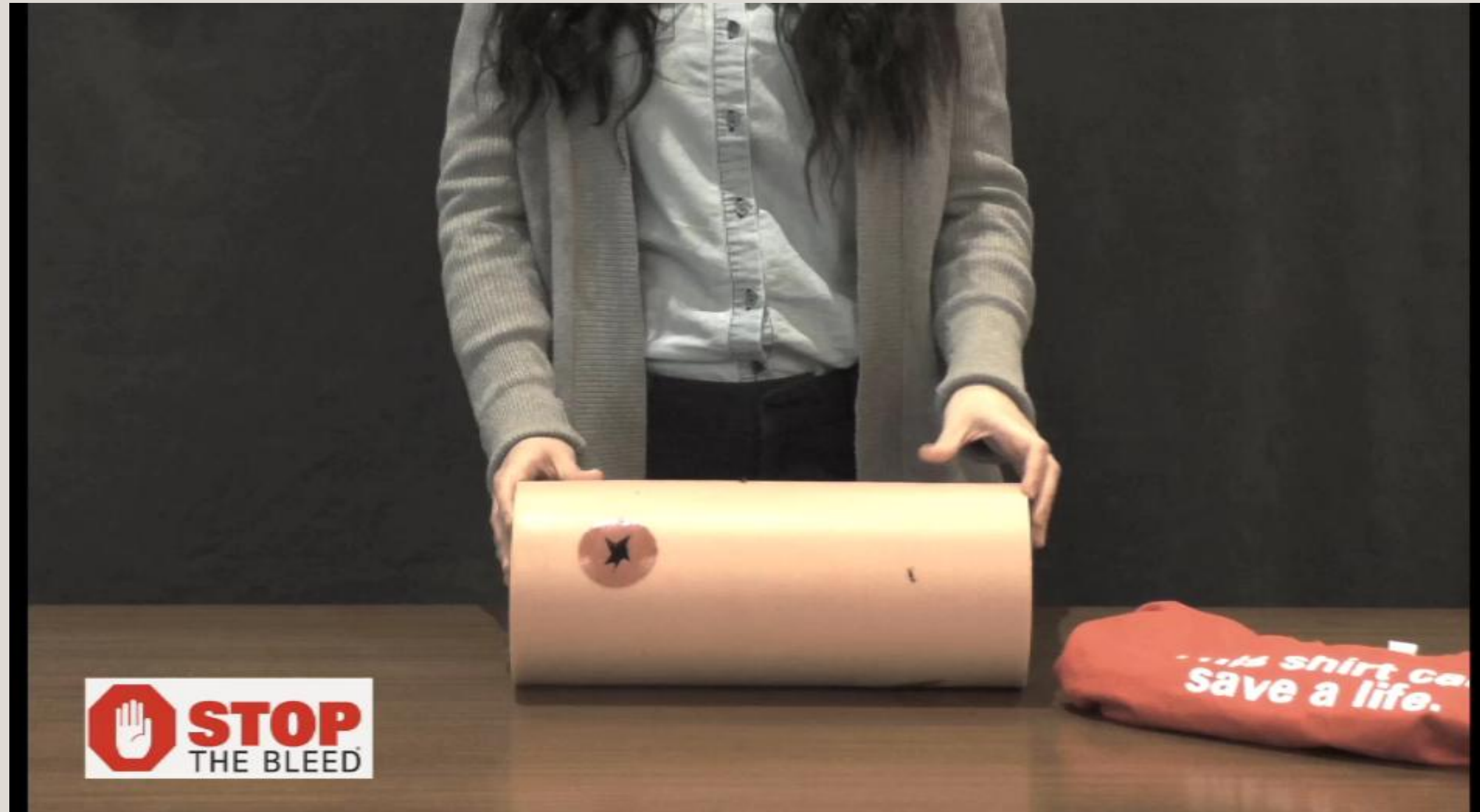


ABCs of Bleeding Control

C Compress - Pressure

- Apply direct pressure to wound
- Focus on the location of the **bleeding**
- Use just enough gauze or cloth to cover injury
- If pressure stops the **bleeding**, keep pressure on wound until help arrives

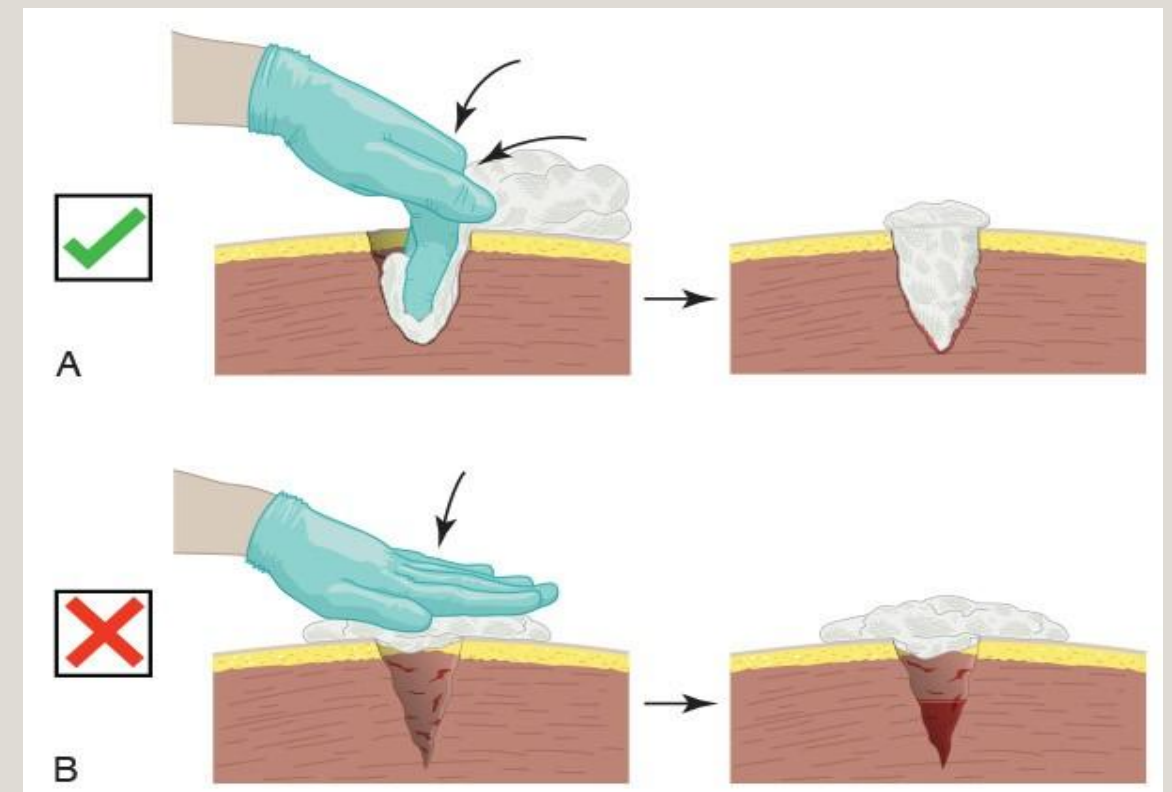
ABCs of Bleeding Control



ABCs of Bleeding Control

C Compress - Packing

- For large wounds, superficial pressure is not effective
- If **bleeding** is from a deep wound, pack gauze tightly into the wound until it stops the **bleeding**; hold pressure until help arrives



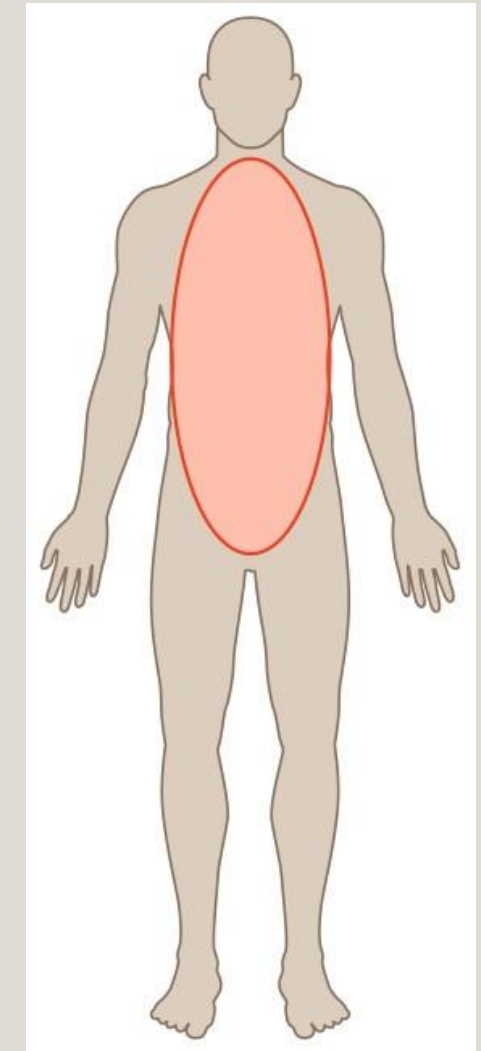
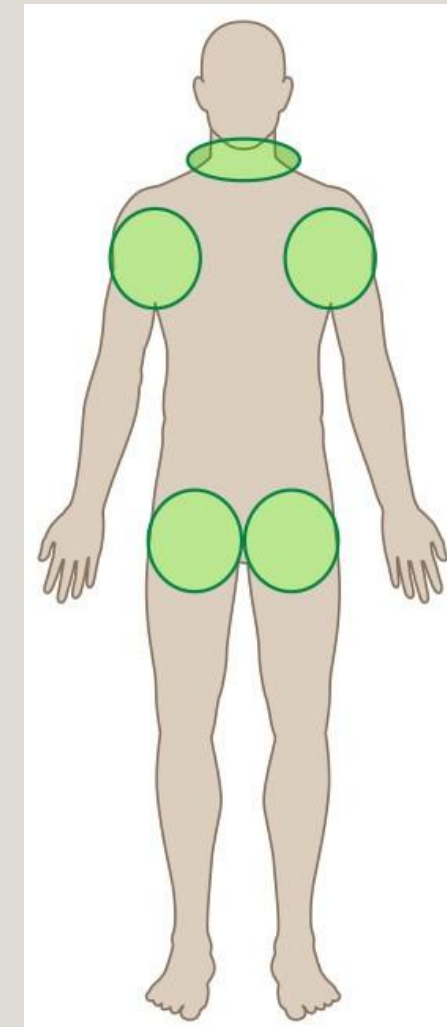
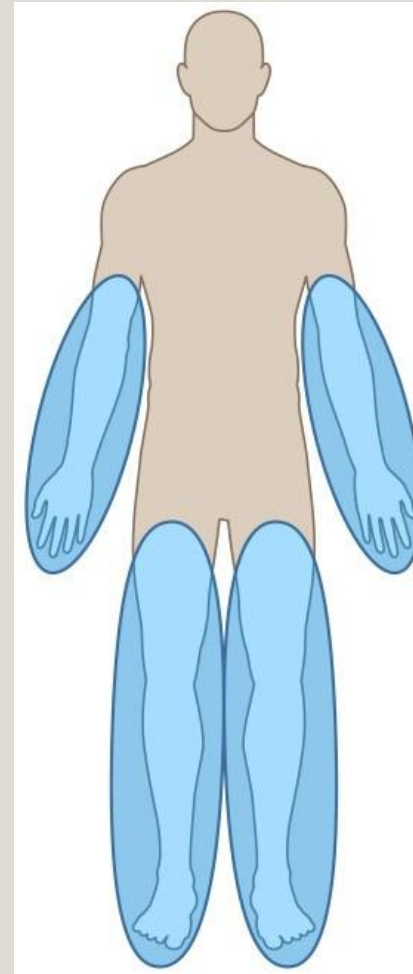
ABCs of Bleeding Control



ABCs of Bleeding Control

C Compress - Packing

- Arms and legs
- Neck, armpits, and groin
- Body



ABCs of Bleeding Control

C Compress - Tourniquet

- Apply 2 to 3 inches above wound
- Do not place over the elbow or knee
- Tighten tourniquet until **bleeding** stops
- Do NOT remove the tourniquet

ABCs of Bleeding Control

C Compress - Tourniquet

- Can apply to others or on yourself
- Can be applied over clothes
- Tourniquets HURT
- A second tourniquet may be required to stop the **bleeding**

ABCs of Bleeding Control



ABCs of Bleeding Control



CoTCCC Recommended STB Tourniquets

Recommended Non-Pneumatic Limb Tourniquets

- Combat Application Tourniquet Gen 6 (CAT-6)
- Combat Application Tourniquet Gen 7 (CAT-7)
- Ratcheting Medical Tourniquet (RMT) Tactical
- SAM Extremity Tourniquet (SAM-XT)
- SOF Tactical Tourniquet-Wide (SOFTT-Wide)
- Tactical Mechanical Tourniquet (TMT)
- TX2 Tourniquet (TX2)
- TX3 Tourniquet (TX3)

CoTCCC Recommended STB Tourniquets

Recommended Pneumatic Limb Tourniquets

- Delphi EMT (EMT)
- Tactical Pneumatic Tourniquet 2" (TPT2)

Bleeding control in children

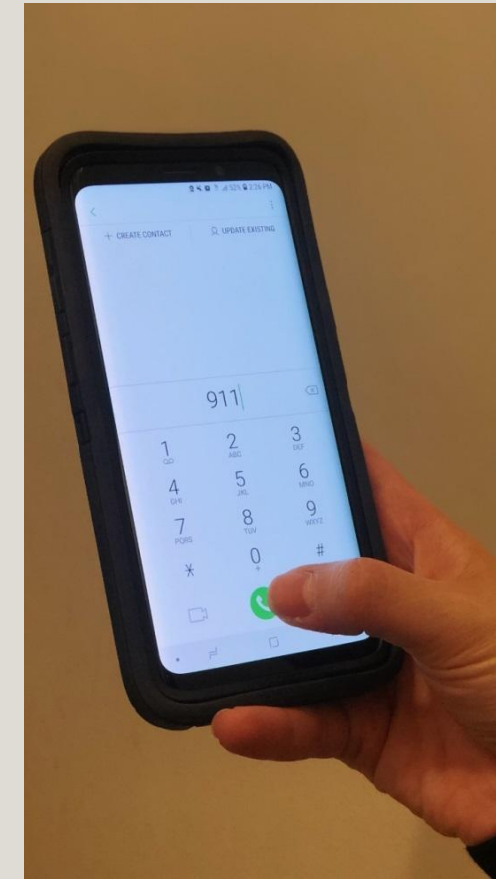
- In all but the extremely young child, the same tourniquet used for adults can be used in children.
- For the infant or very small child (tourniquet too big), direct pressure on the wound as described previously will work in virtually all cases.
- For large, deep wounds, wound packing can be performed in children just as in adults using the same technique as described previously.

FAQs

- **Impaled objects?**
- **Improvised tourniquets?**
- **Loss of arm or leg?**
- **Pain?**
- **Other questions?**

Summary

- ✓ Personal safety
- A Alert EMS
- B Find **bleeding**
- C Compress with pressure and/or packing
- C Compress with a tourniquet
- ✓ Wait for help to arrive



For more information:

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STOP
THE BLEED[®]

**The only thing more tragic than a death...
is a death that **could have been prevented.****



The Quick Fix

First Aid & Health education

National Police Service – 999 / 112 / 911

E – Plus (Kenya Red Cross)* – 0700 395 395 / 1514

AMREF - 0730 811 000

St. John Ambulance – 0721 225 285

AAR – 0725 225 225 / 0734 225 225

Rescue / Flare – 0714 911 911



The Quick Fix

First Aid & Health education



About us

The Quick Fix Learning Hub is an organization committed to reducing preventable deaths in Kenya by bridging the barriers that hinder access to first aid and health education.

[LEARN MORE](#)

Upcoming Classes & Webinars

- 2nd September: **Basic Life Support (BLS)**
- 16th September: **Child & Infant Care course**
- 16th September : **First Aid Awareness Course**
- Wednesday 13th September - **Hypertension** webinar



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CHILD & INFANT CARE COURSE

0707079192



DATE

16 SEPTEMBER 2023



TIME

09.00 AM - 2.00 PM



NEW URBANE HOTEL

NAIROBI



**CONTACT 0707079192 TO
ENQUIRE / REGISTER**

Certification validity : 1 year

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BASIC LIFE SUPPORT COURSE

0707079192



DATE
7 OCTOBER 2023



TIME
08.30 AM - 2.30 PM



NEW URBANE HOTEL , NEXT
TO ST.PETERS CLAVER'S
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COURSE COST

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**CONTACT 0707079192 TO
BOOK A CLASS**

Certificate validity : 2 years







Contact us!



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THANK YOU