



**HOGAN**  
PREP ACADEMY



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# Stop the Bleed Protocol

Adopted from American Red Cross

## What is Life-Threatening External Bleeding?

External bleeding is bleeding that is visible on the outside of the body. Volume and flow are two ways to tell if bleeding is life-threatening. Volume is the amount of blood present. Think about a soda can.

Bleeding may be life-threatening when the amount of blood present is equal to about half of what a soda can contains. In a small child or infant, bleeding may be life-threatening when the amount of blood loss is even less. Flow is the movement of blood. Blood that is flowing continuously, or spurting, is a sign of life-threatening bleeding. To recognize life-threatening bleeding, look at the amount of blood, volume, and how the blood moves (flow).

*"The most important thing when faced with life threatening bleeding is to get pressure on the bleeding right away. That might be direct pressure with your hands or available materials like gauze or a t-shirt. If it's on the arms or legs and it's life-threatening, you can use the tourniquet if one is available. And then make sure you get help by calling 911 or emergency services."*

~ Dr. Craig Goolsby, Red Cross Scientific Advisory Council, First Aid Sub-Council

## Emergency Steps - What to Do if Someone is Bleeding

**1** Check the scene safety, form an initial impression, obtain consent and put on PPE, as appropriate.

**2** Check for signs and symptoms.

- Blood volume equal to about half a soda can (less in a small child or infant)\*

- Blood flowing continuously or spurting\*
- Signs and symptoms of shock

*\*Note: Signs and symptoms with a \* require immediate emergency medical treatment.*

**3 Call 9-1-1** and get equipment if the person requires immediate emergency medical treatment.

## **4 Give Care.**

### **How to Stop Bleeding for External Injuries**

1. Apply direct pressure to **wound**.
2. Apply direct pressure and a **tourniquet** (if trained) for life-threatening bleeding on a limb.
3. Use wound packing (if trained) for life-threatening bleeding from the scalp, neck, shoulder, groin, and back or from a limb if no tourniquet is available.
4. Continue checking them as appropriate to determine if additional care is needed.
5. Keep them from getting cold or overheated.
6. Give care for shock, if necessary.
7. Stay with them until EMS arrives.
8. Position the person as appropriate.
9. Reassure them you will help and that EMS has been called.
10. Watch for changes in condition, including breathing and responsiveness, and give care as appropriate and trained.

### **Applying Direct Pressure to Control Bleeding**

1. Find the source of the bleeding.
2. Place dressing on wound. Use a hemostatic dressing, if available.
3. Apply steady, firm pressure directly over wound. Make sure the injured body part is on a firm, flat surface.
4. Hold direct pressure until bleeding stops or a tourniquet is available.
5. If bleeding stops before EMS arrive

- a. Check circulation beyond injury.
  - b. Apply a roller bandage over the dressing and secure it firmly.
  - c. Re-check. circulation beyond the injury.
6. Monitor for re-bleeding. If bleeding recurs:
  - a. Do not apply an additional dressing or bandage.
  - b. Remove bandage and leave only the single dressing on wound in place.
  - c. Apply direct manual pressure.