

Monthly Preparedness Tip: May 2022

STOP THE BLEED

How long might it take to bleed to death with a severe cut? If the hemorrhaging isn't stopped, a person can bleed to death in just **five minutes**. And if their injuries are severe, this timeline may be even shorter. Do you know how to save their lives and stop the bleeding? They do not have to die if you know what to do and have some Stop The Bleed supplies. It might even be your own life that you save.

“The STOP THE BLEED® campaign was initiated by a federal interagency workgroup convened by the National Security Council Staff, The White House. The purpose of the campaign is to build national resilience by better preparing the public to save lives by raising awareness of basic actions to stop life threatening bleeding following everyday emergencies and man-made and natural disasters. Advances made by military medicine and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which exemplifies translation of knowledge back to the homeland to the benefit of the general public.” (<https://www.stopthebleed.org/about-us>)

Stop The Bleed training teaches how to apply direct pressure to stop most bleeding, how to apply tourniquets to stop more severe bleeding, and how to pack a puncture wound. The supplies every home and business should have on hand are discussed and are readily available from many online suppliers, including <https://www.bleedingkits.org/all-products.html>.

Due to the changes in training forced by Covid-19, Stop The Bleed Training can be taken online and then followed up with in person hands-on practice when available. You can take an interactive online training as soon as you want at: <https://www.stopthebleed.org/training/online-course>

Watch your Stoneybrook Happenings and emails for in person Stop The Bleed training in our area.

