Bystander Response

Know how to respond until first responders arrive

Stop the Bleed
Bleeding Control Overview
The Hartford Consensus

• Convened in April 2013 as a result of the Sandy Hook incident (26 shot and killed)
• Create a national policy to enhance citizen survivability from bleeding to death
• 3 Tiers of responders
  • Civilians
  • 1st Responders
  • Trauma Professionals
Strongly Endorses Civilian Bystanders to act as Immediate Responders

- Immediate responders represent a foundational element of the ability of the U.S. to respond to these events and are a critical component of our ability to build national resilience.
- Immediate responders must be empowered to act, to intervene, and to assist.
Why learn stop the bleed
Who is your Why?
Family ?
Friends ?
Because all people are connected ?
Whatever the reason
Learn stop the bleed.
Life-threatening injuries can occur as the result of different types of incidents.

**Common**
- **Type:** Vehicle crashes and home-related injuries
- **Examples:** Car, motorcycle, bicycle, pedestrian, home repair injuries, etc.

**Rare**
- **Type:** Man-made and local weather incidents
- **Examples:** Tornado, multi-vehicle crashes, active shooter, etc.

**Very Rare**
- **Type:** Large-scale disasters, Active Shooter
- **Examples:** Acts of terrorism, bombings, large-scale transportation incidents, etc.
In a life-threatening emergency, you will experience physical and psychological effects that may include:

- Distortion of Time
- Assessment Loop: Denial, Deliberation, Action
- Distortion of Senses: Sight (Tunnel Vision), Sound
- Adrenaline (Fight/Flight Response): Temperature change, Shaky, Loss of other functions, Nausea
• Ensure your own safety

• The ABCs of Bleeding

A – Alert – call 9-1-1

B – Bleeding – find the bleeding injury

C – Compress – apply pressure to stop the bleeding by:

1. Covering the wound with a clean cloth and applying pressure by pushing directly on it with both hands, OR

2. Using a tourniquet, OR

3. Packing (filling) the wound with gauze or a clean cloth and then applying pressure with both hands
Primary Principles:
Safety

- Before you offer any help, you must remain safe
- If you become injured, you will not be able to help the victim
- Initiate care if the scene is safe for you to do so
- If, at any time, your safety is threatened, attempt to remove yourself from danger and find a safe location
- Protect yourself from blood-borne infections by wearing gloves, if available
Primary Principles: ABCs of Bleeding

B • Bleeding

Find where the victim is bleeding from
• Open or remove the clothing so you can see the wound

Look for and identify “life-threatening” bleeding
• Blood that is spurting out of the wound
• Blood that won’t stop coming out of the wound
• Blood that is pooling on the ground
• Clothing that is soaked with blood
• Bandages that are soaked with blood
• Loss of all or part of an arm or leg
• Bleeding in a victim who is now confused or unconscious
Primary Principles:

ABCs of Bleeding

B • Bleeding (continued)

Wounds That Can Lead to Death from Bleeding (2 of 3)

Torso Junctional Wounds

- Neck, shoulder, and groin
- Bleeding can be controlled by direct pressure and wound packing
Primary Principles:

**ABCs of Bleeding**

**C • Compression: Stop the Bleeding** (continued)

**Direct Pressure** (1 of 3)

- Use your hand or fingers
  - Use two hands, if at all possible

- Effective most of the time for external bleeding
  - Direct pressure can stop even major arterial bleeding

- Bleeding control requires very firm, continuous pressure until relieved by medical responders

- To be effective, apply pressure with the victim on a firm surface to provide support

- Don’t release pressure to check the wound
Primary Principles:

ABCs of Bleeding

C • Compression: Stop the Bleeding (continued)

Tourniquet Application

- Apply immediately if life-threatening bleeding is seen from an arm or a leg
- The tourniquet can be placed right on top of clothing, if necessary
- Place 2 to 3 inches above the bleeding wound (higher on the arm or leg)
  - BUT...
    - DO NOT apply directly over the knee or elbow joints
      - The bones of the joint will prevent the tourniquet from compressing the artery, so you won't stop the bleeding
    - DO NOT apply directly over a pocket that contains bulky items
      - Anything in a pocket that is underneath a tourniquet will interfere with the function of the tourniquet
- Tighten the tourniquet until bleeding stops