

BLEEDING CONTROL KIT

*SEVERE
TRAUMA &
EMERGENCY
PROTOCOL
SYSTEM*

IN CASE OF EMERGENCY

SCAN
QR CODE
TO BEGIN



*HANDS-ONLY CPR
INSTRUCTIONS ON BACK*

*HOW TO APPLY A
TOURNIQUET INSIDE*



1

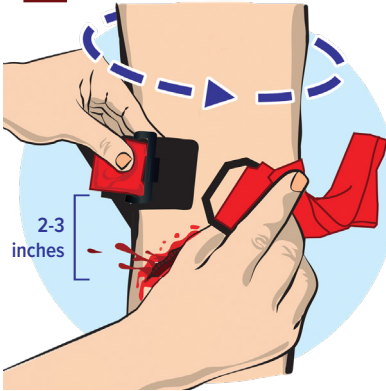


CALL 911 AND APPLY PRESSURE TO THE WOUND

- Cut or tear away any clothing to expose the wound.
- Immediately apply firm, direct pressure using gauze, cloth, or anything available.

If bleeding does not stop or the dressing becomes soaked, apply a tourniquet.

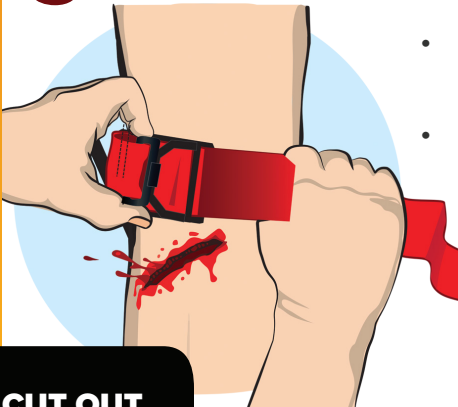
2



WRAP THE LIMB AND ADJUST THE TOURNIQUET

- Place the tourniquet **2-3 inches** away from the wound.
- Place the tourniquet between the wound and the heart.
- **DO NOT** place the tourniquet directly over a joint (knees, elbows, wrists, or ankles).

3

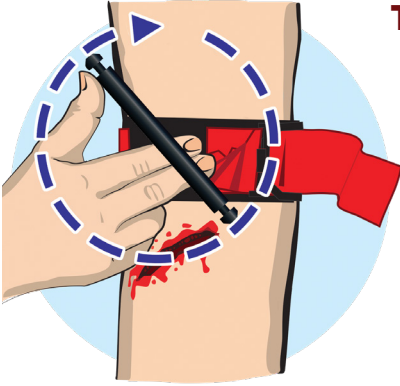


TIGHTEN THE TOURNIQUET

- Clip the ends of the tourniquet together.
- Pull the tourniquet strap as tight as possible.

CUT OUT

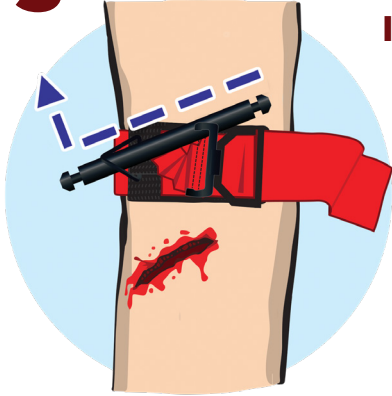
4



TWIST THE WINDLASS ROD TO KEEP TIGHTENING

- Twist the rod in one direction to keep increasing pressure.
- The victim may experience significant discomfort.

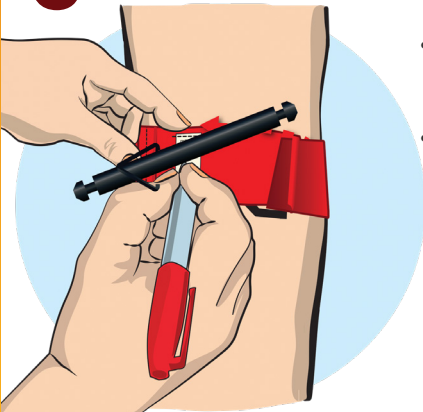
5



CLIP THE WINDLASS ROD IN PLACE

- Use the clip to secure the tourniquet.
- If there is a velcro strap, use that too.

6



NOTE THE TIME

- Write down when the tourniquet was put on.
- It lets care-givers know who needs to be helped first.



PERFORMING HANDS-ONLY CPR

1 CHECK VICTIM'S VITALS AND **CALL 911**



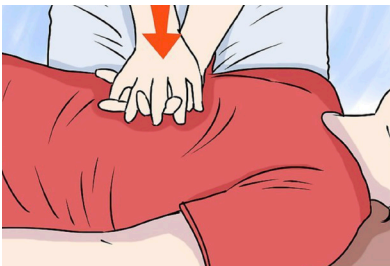
- If the victim loses consciousness, has no pulse, and has stopped breathing begin CPR
- Keep the victim on their back.
- **USE CAUTION** if you think there has been a neck or spinal injury.

2 USING TWO FINGERS, TILT THE VICTIM'S CHIN UP TO OPEN THEIR AIRWAY



- If you suspect a neck injury, use both hands to move their jaw forward without moving the rest of the head or neck.

3 RAPIDLY PUSH DOWN IN THE CENTER OF THE CHEST UNTIL HELP ARRIVES



- Place one hand in the center of the chest, the other on top to reinforce, and press down firmly and quickly.
- Aim for 100 compressions per minute. Push hard, the chest needs to depress about 2". ***Broken ribs are common, but keep going!***
- You may get tired. It is okay to take turns with someone.