



**SWANA**<sup>®</sup>  
SOLID WASTE ASSOCIATION  
of North America

**STOP**  
THE BLEED<sup>®</sup>

**SAVE A LIFE**

STOP THE BLEED<sup>®</sup> Course  
American College of Surgeons

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Version 2



**BLEEDINGCONTROL.ORG**  
**STOPTHEBLEED.ORG**



THE  
**COMMITTEE**  
ON TRAUMA



100+years

AMERICAN COLLEGE OF SURGEONS

*Inspiring Quality:  
Highest Standards, Better Outcomes*

# Why Do I Need This Training?

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

<https://onlinelibrary.wiley.com/doi/full/10.1111/trf.15161>

# Goals

## 1. Identify

Recognize  
life-threatening  
**bleeding**

## 2. Stop the Bleed

Take steps to  
**STOP THE BLEEDING**

- ✓ Pressure
- ✓ Packing
- ✓ Tourniquets

# Hartford Consensus and the White House

<https://www.facs.org/about-acs/hartford-consensus>





[https://www.businessinsider.com/who-were-the-victims-of-the-sandy-hook-shooting-](https://www.businessinsider.com/who-were-the-victims-of-the-sandy-hook-shooting-2012-12)



12/14/2012



# Cooperative Effort



<https://www.facs.org/>



<https://www.naemt.org/education/naemt-tccc>



<http://www.naemt.org/>

# Why I Am Here



Modified Version

More Pictures

**SPECIAL EDITION**



**SPECIAL EDITION**



**SPECIAL EDITION**

More Videos

Enhanced Learning



# Warning

**When Something Happens....**

**It Will Be “Nasty” and “Yucky” and “Smelly”**

**I Don't Want Your First Exposure To Trauma To Be When You Need To Take Action, So You Will See Some Trauma In This Presentation**

**With Training, You Will Know What To Do, And It Won't Be So Bad**



# Why Do We Need This Training?



Work

(Top 10 Dangerous Jobs)

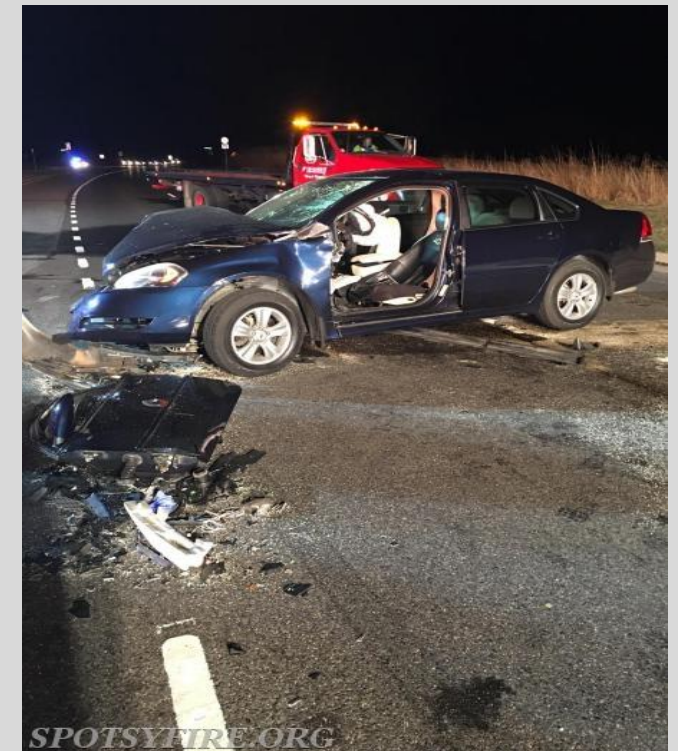


Home

Recreation



Vehicle Accidents



Terrorist Attacks

Randomness





**BECAUSE SAFETY MATTERS.**  
[www.swana.org/safety](http://www.swana.org/safety)

## Five to Stay Alive

### Safety Tips for Landfill Employees

Landfills can be a dangerous place for both workers and customers.

**1. Proper PPE is a MUST!**

Do not begin a task without the proper Personal Protective Equipment (PPE), training, and knowledge. If you're unsure, ask your supervisor.

**2. Are you the right person for the task?**

Do not perform tasks, operate tools, or use equipment for which you have not been trained. If you're unsure, ask your supervisor.

**3. Maintain situational awareness**

Be vigilant of changing conditions. Keep your distance from hazards, take weather/soil conditions into account, and remember to "stop, look, and listen" before moving into a new area.

**4. Heavy equipment has the right of way**

Make yourself visible and stay clear of equipment on the move. Follow all signage. If driving, use flashers and keep your lights on.

**5. No Scavenging**

Landfill workers and customers should never scavenge material from the landfill.

SWANA wants you to go home to your family every day, safely. So, of course, never use a cell phone or text while working at the landfill.

**Following these rules will help keep you safe!**

For more #SWANAsafety info and resources: [SWANA.org/safety](http://SWANA.org/safety)



# Bleeding Control Kits



# Primary Principals

Ensure Your Own **Safety**

The ABCs of Bleeding

**A:** Alert, Call 9-1-1

**B:** Bleeding, Find The Bleeding Injury

**C:** Control the Bleeding

1. **P**ressure
2. **P**acking
3. **T**ourniquet





**Before you offer any help, you must remain safe**

**If you become injured, you will not be able to help the victims**

**If your safety is threatened, find a safe location**

**Protect yourself from HIV and Hepatitis by wearing gloves**

# Blood Exposure

Due to the nature of the business, if you are exposed to blood and become contaminated, wash with soap and water as soon as you can and notify medical responders of your exposure

<https://www.nhs.uk/common-health-questions/infections/what-is-the-risk-of-infection-from-someone-elses-blood/>



Designate someone to call 9-1-1 if you're not doing it

**Alert**  
**Call 9-1-1**



This will get you the back up needed

Find where the bleeding is coming from

Remove clothing to expose the injury

Look For and Identify  
The Life Threatening Bleed



**leeding**

# Life Threatening Bleeding

Spurting Blood

Wont Stop

Blood Pooling

Soaked Clothing or Bandages

Amputation / Partial Amputation

Unresponsive or disoriented victim

# ABCs: Identify “Life Threatening” Bleeding

<https://youtu.be/wTg17nlletk>



Blood pooling on ground, blood soaked clothing. Take note how pale he is. Not very active.

<https://www.baltimoresun.com/features/baltimore-insider/bal-video-of-woman-praying-over-baltimore-shooting-victim-goes-viral-20160310-story.html>

# ABCs: Identify “Life Threatening” Bleeding

<https://youtu.be/6BMwZ6tomn0>



Example of pulsating spurting blood that is uncovered and allowed to bleed

# ABCs: Identify “Life Threatening” Bleeding

<https://youtu.be/qxBGlxp-V3Q>



Blood soaked gauze. Spurting Blood. He was warned.

3 Regions

Extremities

Junctions

Torso



# Extremity Region

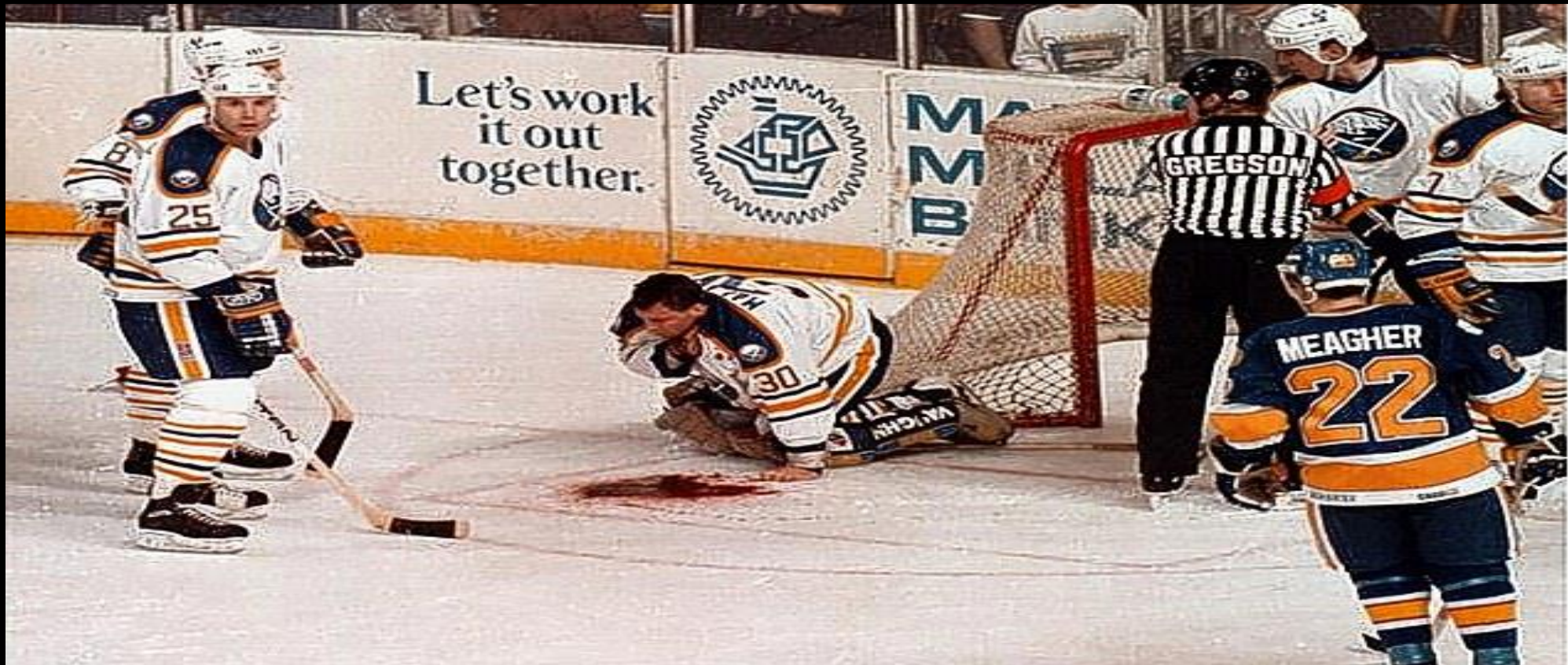


[https://www.liveleak.com/view?t=9dwRn\\_1522730009](https://www.liveleak.com/view?t=9dwRn_1522730009)



# Junctional Region: Identify “Life Threatening” Neck Bleed

<https://youtu.be/plvKInguJVE>



<https://www.theplayerstribune.com/en-us/articles/clint-malarchuk-bleeding-out>

# Junctional Region: Identify “Life Threatening” Groin Bleed

<https://youtu.be/EZgw0rY1408>



Cedric Garcia. Spurting Blood. Blood Soaked Clothing. <https://www.bikemag.com/videos/video-cedric-gracias-brush-with-death/>

# Torso Region: BONUS MATERIAL

Down and Dirty Sucking Chest Wound

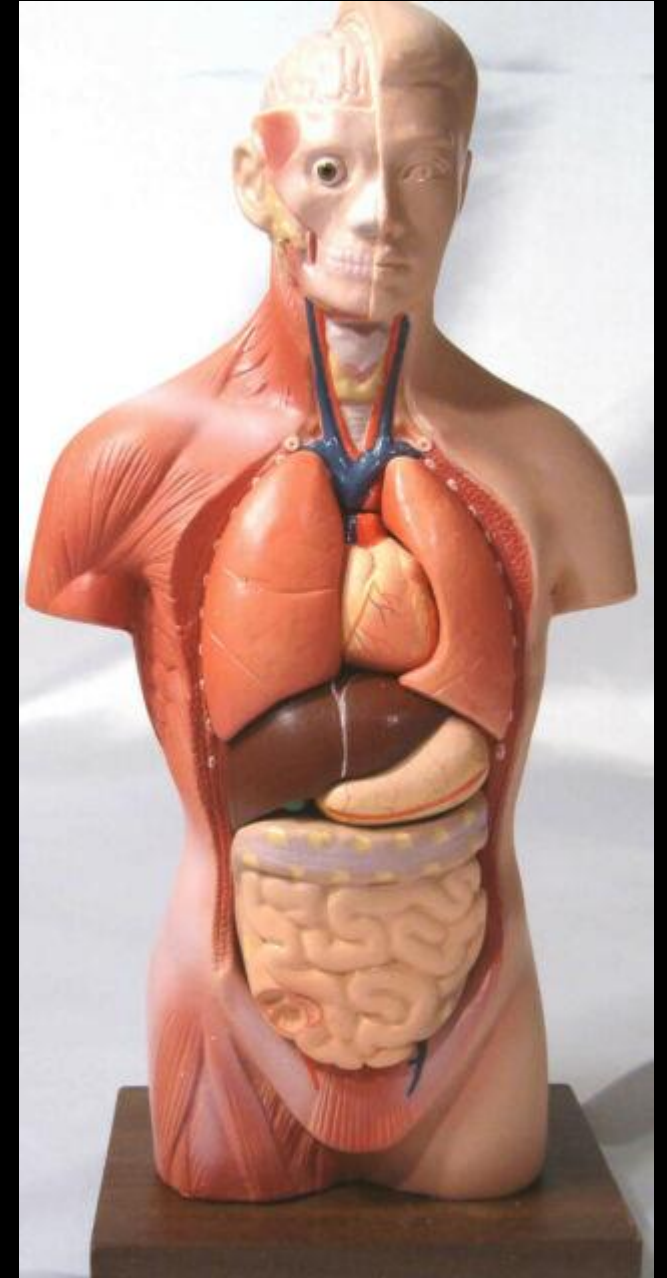
Goes Along With Sentinel Security's Presentation

On Active Shooter ( Donny Hawkins / Mike Britt)

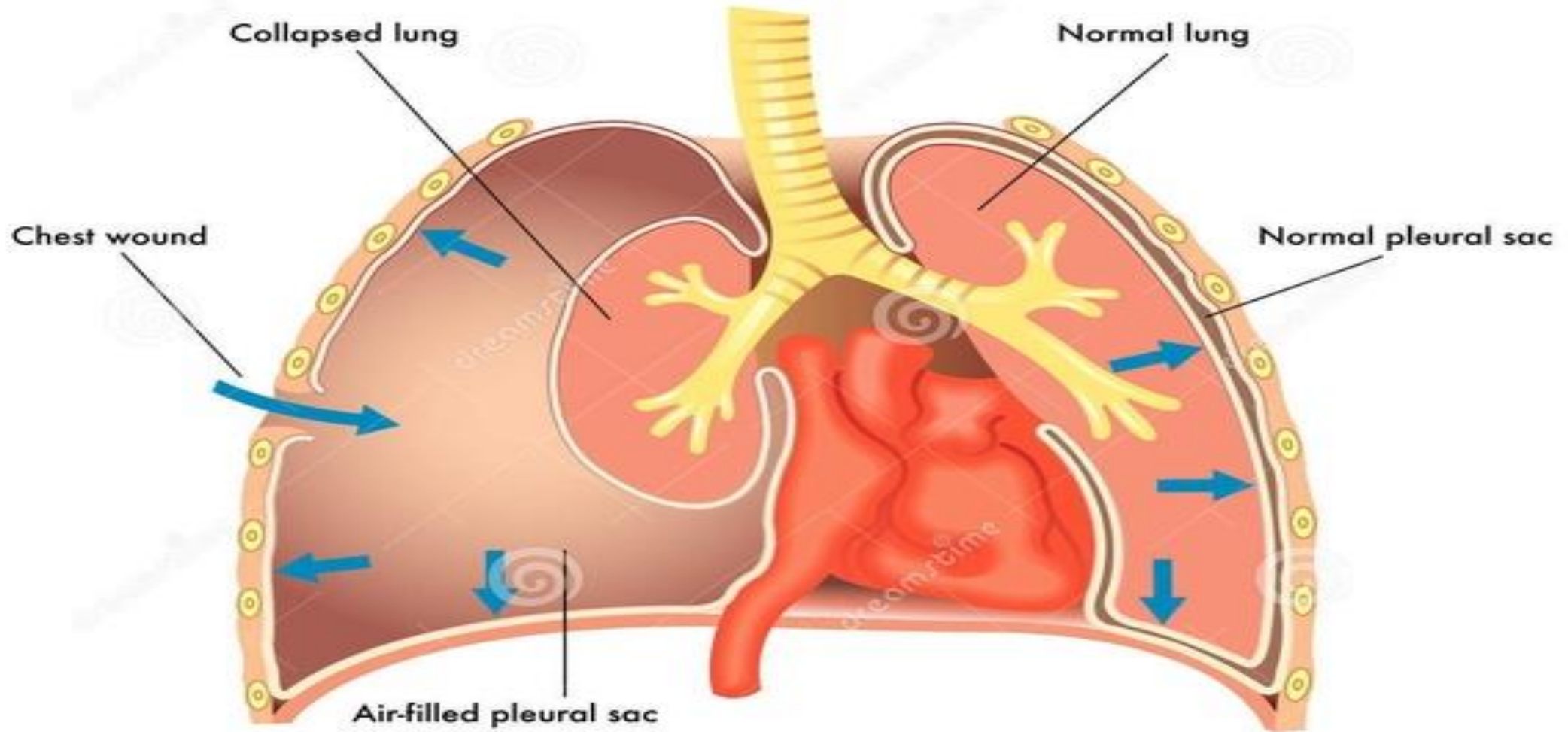


SENTINEL

SECURITY GROUP



# Pneumothorax



Download from  
Dreamstime.com

This watermarked comp image is for previewing purposes only.

26701217

Rob3000 | Dreamstime.com

<https://www.quora.com/What-is-the-difference-between-pneumothorax-and-tension-pneumothorax>

# Torso Region: BONUS MATERIAL

- <https://www.youtube.com/watch?v=t0fsH5qomAQ>
- <https://www.youtube.com/watch?v=linfNOHP4b8>
- <https://www.youtube.com/watch?v=e5MvBNvZBu4>
- <https://www.youtube.com/watch?v=E8LYvx4os-s>



# How Much Time and How Much Blood? Some Side Notes

## Introduction to Blood



- There are between 4 – 6 liters of blood in your body
- Females are normally between 4 and 5
- Males are normally between 5 and 6
- However body size does play a large role in the amount of blood needed



<https://www.medicalnewstoday.com/articles/312348.php>

<https://www.healthline.com/health/how-much-blood-in-human-body>

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/blood-donation>



**Alert**

**Bleeding**

**Control**

# Control The Bleeding

If No Kit,  
Then Use  
Clean  
Cloth  
Or  
Clothing  
And Hold  
Direct  
Pressure  
To the  
Wound



Use Both  
Hands/  
Knee and  
Keep  
Pressure  
on the  
Wound  
Until  
Someone  
relieves  
you or  
supplies  
shows up

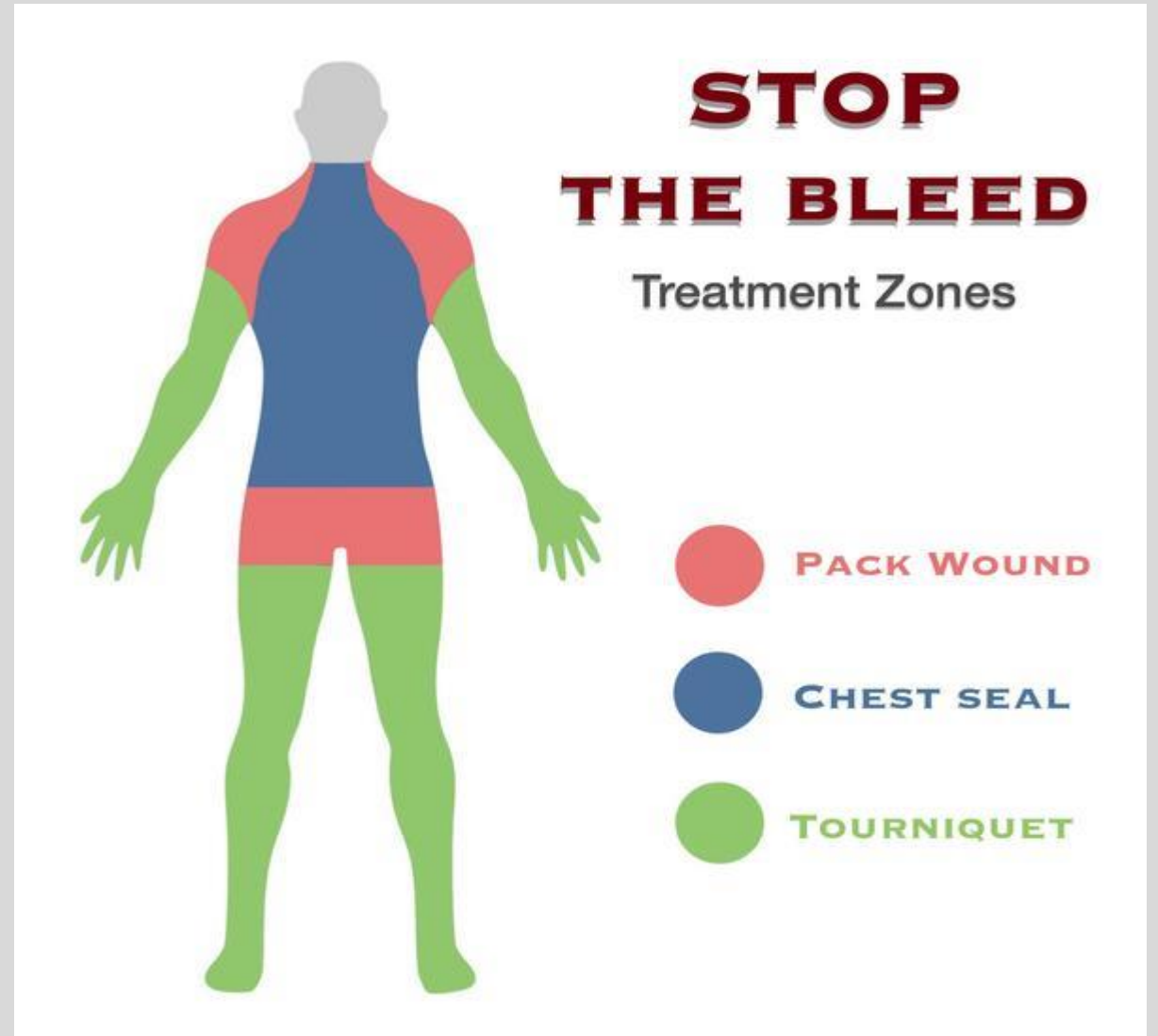
Don't release the pressure to check the wound



# ABCs of Bleeding: Control

If you do have access to a  
Bleeding Control Kit

<https://readywarriorllc.com/products/first-on-scene-emergency-care-quick-reference-guide>

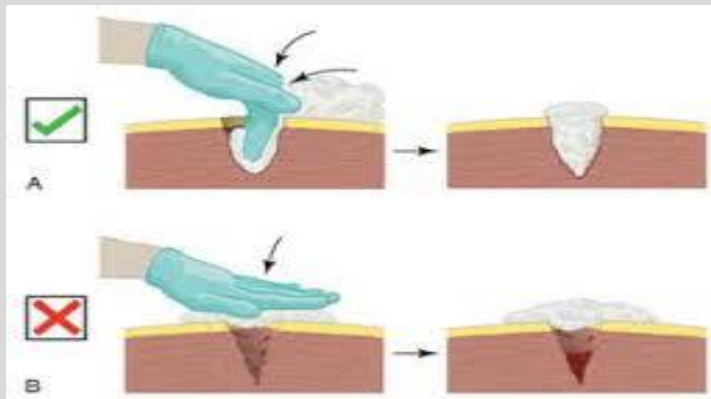


# ABCs of Bleeding: Control: Packing

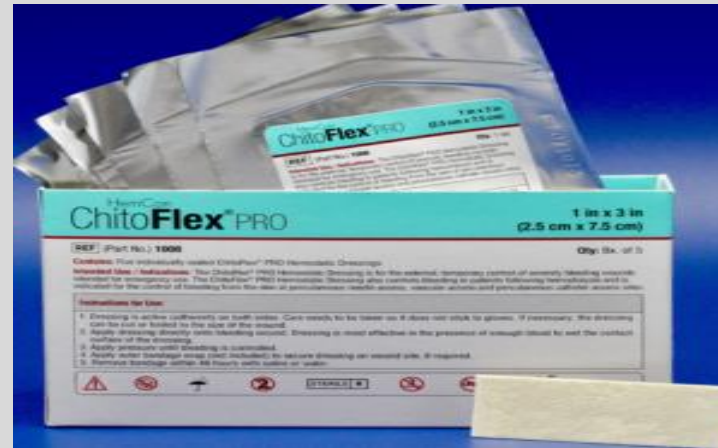
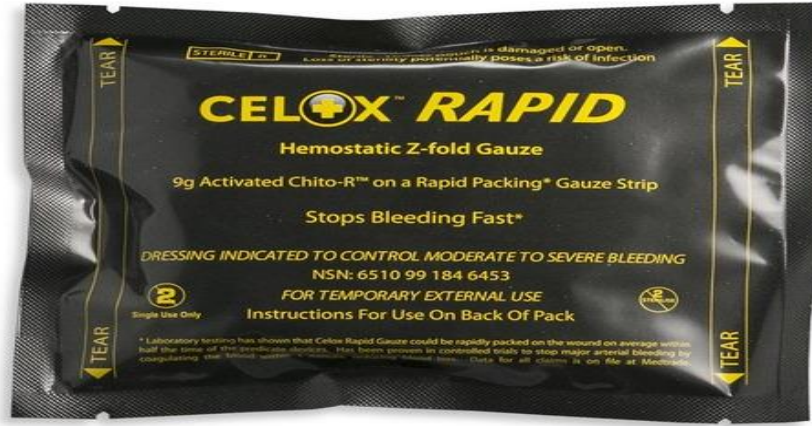
Hemostatic Gauze vs Gauze vs Clean Cloth

Hemostatic Agents designed to speed up the clotting of blood  
3 minutes compared to 10 minutes

[https://www.wemjournal.org/article/S1080-6032\(16\)30287-3/pdf](https://www.wemjournal.org/article/S1080-6032(16)30287-3/pdf)



# Control: Hemostatic Brands



# Packing Demo

<https://youtu.be/GZcWQ16HrG0>



<https://www.youtube.com/watch?v=m5f-sYm23mg>

# X-Stat

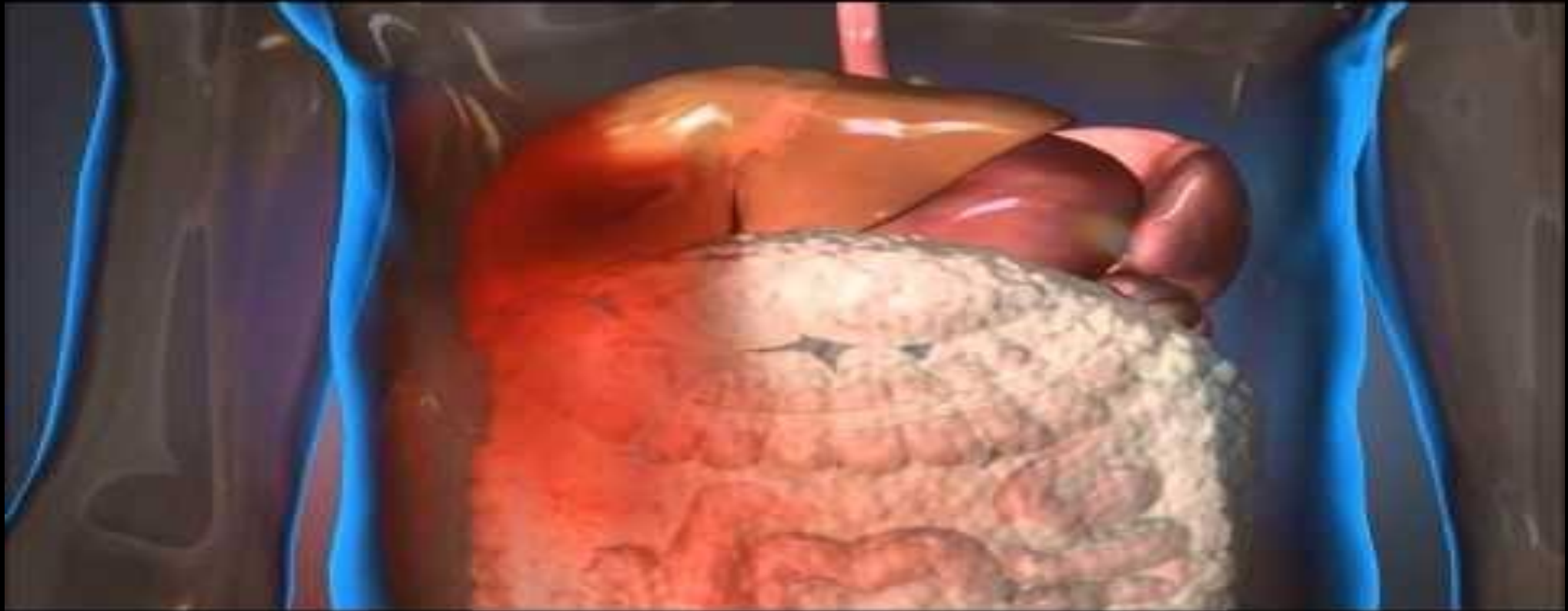
**Mini sponges expand  
10-12 times compressed  
volume in 20 sec.**



**DEPLOYED  
MEDICINE**

<https://youtu.be/pT1d6jxKwpk>

# DARPA Injectible Foam



# ABCs of Bleeding : Tourniquets

**\*\* Varied Information\*\*** High and Tight vs 2-3 inch above

<https://spotterup.com/apply-tq-high-tight/>

Can be applied over clothing

Don't apply over joints

Don't apply over bulky items / pockets filled with stuff

Tighten the tourniquet until the Bleeding Stops

# ABCs of Bleeding

- Commercial “Military” Tourniquets are best
- Improvised tourniquets have a high level of failure
- A second tourniquet can be applied on same extremity
- There is minimal to low/no risk of injury from tourniquet use in our setting
- Training tourniquets should not be used for life saving kit
- Tourniquets are painful when in place

<https://www.jsomonline.org/TCCCEsp/06%20TCCC%20Documentos%20de%20Referencia/TCCC%20Change%20Prop%201402%20Optimizing%20TQ%20Use%20141109%20JSOM.pdf>

# Common Tourniquet Mistakes

**Waiting too Long**  
**Tightness**  
**Not Using 2<sup>nd</sup> TQ**  
**Loosening or Removing**

<https://www.trauma-news.com/2017/09/stop-bleed-8-pitfalls-avoid-hemorrhage-control/>



# Tourniquet Demo / Show and Tell

- CAT Tourniquet (Popular All Around)
- SOF-T Tourniquet (King George Kits)
- M2 Ratchet Tourniquet (Fredericksburg Kits)
- SWAT-T ( Police IFAK)



- Additional Tourniquets for familiarization available after class

<https://pdfs.semanticscholar.org/cfb1/4edda6e090cd7530fbee66afc7eb760faf26.pdf>



# Pressure Bandages



# Bleeding Control in Children

- Tourniquets are safe to use on children **if they fit**
- Commercially available tourniquets are becoming more available
- **Direct Pressure** works great on small children
- Wound Packing children is the same as in adults

<https://www.jems.com/2018/11/01/pediatric-extremity-hemorrhage-and-tourniquet-use/>

# Police Officer Uses TQ on Baby

<https://www.youtube.com/watch?v=7NvIIEGYfSw>



<https://www.kait8.com/story/38173660/officer-grabs-tourniquet-to-save-two-year-olds-life/>

# What Do You Think...

<https://youtu.be/emUiwWefpH0>

EBPD Ptlm. Kimmell 1607K 08-06-16 Taser Axon Body Cam



How did he do?

<https://youtu.be/Tv-YU19s4S4>



# Review

Ensure Your Own Safety

The ABCs of Bleeding

**A:** Alert, Call 9-1-1

**B:** Bleeding, Find The Bleeding Injury

**C:** Control the Bleeding

1. Pressure

2. Packing

3. Tourniquet



**BAND AID, NO THANKS**

BleedingControl.org

[jmccamley@fd.fredericksburgva.gov](mailto:jmccamley@fd.fredericksburgva.gov)

**ILL TAKE A TOURNIQUET**