

Three Steps to Help Save a Life

1

GET TRAINED

The American Red Cross **First Aid for Severe Trauma™** course and digital materials are offered at no charge to high school students under the age of 19.

2

GET A KIT

Ask your school to purchase Red Cross bleeding control, first aid and training kits.

3

TAKE ACTION

If you see someone with life-threatening bleeding, tell someone to call 9-1-1, then follow the steps you learned in the **FAST™** course.



**American
Red Cross**

First Aid for
Severe Trauma



Traumatic Injuries Are A Public Health Issue

- ! **150,000+ deaths per year**
- ! **4th leading cause of death overall**
- ! **Leading cause of death (up to age 45)**



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First Aid for
Severe Trauma





5 minutes:

**How quickly a
person can die
from blood loss**

**Control bleeding to
increase survival odds**

**Be the
Difference.**



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STOP
THE BLEED®

Tourniquets Save Lives

67% Decrease in battlefield deaths from severe bleeding

1,000+ U.S. military lives saved



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Red Cross**

First Aid for
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STOP
THE BLEED®

Injuries by the Numbers

- ! Nearly **2.8 million** hospitalizations annually
- ! Injuries cause over **27 million** people to go to emergency departments annually
- ! More than **3 million** non-fatal injuries per year



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What is Life-threatening Bleeding?

Blood flows continuously

Blood is squirting

**Blood equal to one-half
can of soda on the ground**

Blood is pooling



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STOP
THE BLEED®

How to Treat Life-threatening Bleeding



**Use a tourniquet if
bleeding is from the
arms or legs.**

**Apply direct pressure
if you do not have a
tourniquet or if bleeding is
not from the arms or legs.**



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STOP
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