



TIP OF THE WEEK
**STOP THE BLEED.
SAVE A LIFE.**

KNOWLEDGE. TRAINING. PREPAREDNESS.
BE THE DIFFERENCE WHEN IT MATTERS MOST.



PROFUSE ARTERIAL BLEEDING CAN KILL IN MINUTES.

You may not have time to wait for EMS. You may be the first responder.
Your actions can **save a life.**



WHY IT MATTERS



Severe bleeding can cause death in **3-5 minutes.**



EMS response times vary. You **can't count on luck.**



It could be a loved one, a bystander, or **even you.**



Prepared citizens **preserve life** after the threat has ended.



Training builds confidence—confidence **saves lives.**

HOW TO CONTROL LIFE-THREATENING BLEEDING

1 RECOGNIZE THE THREAT



Bright red, spurting blood or rapidly pooling blood are **danger signs.**

2 APPLY DIRECT PRESSURE



Use a clean cloth or gauze. **Press hard and don't let go.**

3 USE A TOURNIQUET



As high as possible above the wound. Tighten until **bleeding stops.** Note the time applied.

4 PACK THE WOUND



Use gauze or hemostatic dressing to **pack deep wounds,** especially in areas where a tourniquet can't be used.

5 GET THEM TO HELP



Continue care and get the victim to medical help **as soon as possible.**



BE PREPARED. CARRY THE RIGHT GEAR.

- ✓ Tourniquet
- ✓ Hemostatic Gauze
- ✓ Pressure Bandage
- ✓ Chest Seals
- ✓ Gloves
- ✓ Trauma Shears
- ✓ Permanent Marker

★ If you carry, you must also have medical gear. **Non-negotiable.**



TRAIN TODAY. BE READY TOMORROW.

In a real emergency, you may be the first responder long before the ambulance arrives.

TRAINING ★ MINDSET ★ SKILLSET ★ BROTHERHOOD
WE DON'T JUST TEACH. WE PREPARE ARMED CITIZEN-GUARDIANS.