



# Cardio Partners



# WHAT YOU NEED TO **STOP THE BLEED**®

A RESOURCE GUIDE



## **WHAT IS STOP THE BLEED?**

A national awareness campaign and a call to action started by the White House and the Department of Homeland Security in 2015, Stop the Bleed® is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Stop the Bleed Kits and other specialized bleeding control kits can be used by both trained professionals and bystanders.

With access to the right products and the right training, anyone can help stabilize a victim and improve their chances of survival. Just like having a publicly accessible AED, bleeding control kits are an important addition to workplace and public access emergency readiness programs.

## **COULD YOU BENEFIT FROM A STOP THE BLEED OR BLEEDING CONTROL KIT?**

Approximately five million people die every year around the world from accidental and non-accidental trauma.<sup>1</sup> While state and federal guidelines don't mandate the number of bleeding control kits employers or organizations should have available, being prepared in the event of a traumatic injury or incident can save lives.

# **BLEEDING CONTROL KIT vs. FIRST AID KIT**

## **WHAT'S THE DIFFERENCE?**



### **BLEEDING CONTROL KIT**

Trauma kits such as the Curaplex Bleeding Control Kits and Curaplex Stop the Bleed Kits are compact kits specifically developed to stop heavy bleeding and handle life-threatening injuries caused by gunshot wounds, stabbing, or crushing.

#### **WHAT'S INCLUDED:**

- 1 Permanent marker
- 2 Pair of gloves, latex free, large
- 1 Choice of tourniquet
- Emergency bandage
- 1 Pair of trauma shears, 7.5"
- 1 S-Folded primed, compressed gauze dressing
- 1 Instructions for use sheet

### **FIRST AID KIT**

First aid kits include the contents needed to handle minor injuries (like scrapes & abrasions) through moderate, non-life threatening injuries such as sprains, frostbites, burns, and deeper cuts. However, they are not designed to stop life-threatening bleeding.

#### **WHAT'S INCLUDED:**

- Bandages, Gauze Pads & Tape
- Alcohol Prep Pads & Hand Wipes
- Eye wash and Eye Pads
- Infection Control Kit
- Antibiotic Ointment
- Gloves
- Shears

**Uncontrolled bleeding** is the #1 cause of preventable death from trauma.<sup>2</sup>

# STOP THE BLEED KITS

Cardio Partners offers customers three kit levels: Basic, Intermediate, and Advanced, each with unique contents to help stop bleeding until professional help arrives.



## BASIC

 <b>BASIC</b>	
<ul style="list-style-type: none"> <li>1 Permanent marker</li> <li>2 Pair of gloves, latex free, large</li> <li>1 Choice of tourniquet</li> <li>1 Emergency bandage</li> <li>1 Pair of trauma shears, 7.5"</li> <li>2 Rolls of primed, compressed gauze dressing</li> <li>1 Instructions for use sheet</li> </ul>	
8600-STB001B	w/ C-A-T Tourniquet
STB001B-XT	w/ SAM XT Tourniquet



## INTERMEDIATE

 <b>INTERMEDIATE</b> (Adds the following to Basic)	
<ul style="list-style-type: none"> <li>1 Pack H*VENT vented chest seals (2/pk)</li> </ul>	
8600-STB002I	w/ C-A-T Tourniquet
STB002I-XT	w/ SAM XT Tourniquet



## ADVANCED

 <b>ADVANCED</b> (Adds the following to Basic)	
<ul style="list-style-type: none"> <li>1 Pack H*VENT vented chest seals (2/pk)</li> <li>1 QuikClot combat gauze, 3" x 4 yds</li> </ul>	
8600-STB003A	w/ C-A-T Tourniquet
STB003A-XT	w/ SAM XT Tourniquet

# INDUSTRIAL & CORPORATE



In 2018, 5,250 workers died on the job, meaning, on average, 14 deaths occurred every day.<sup>3</sup> These traumatic injuries are often the result of hazards present in the workplace combined with limited work experience and lack of mandated safety training.

Whether working in a corporate or industrial environment, warehouse, factory, or construction worksite, readily accessible bleeding control kits are essential.



## 6 Ways to Help Create a Safe Working Space:

- 1. Require employees to attend company-sponsored first aid and Stop the Bleed training sessions.**
- 2. Mandate industry-specific safety training at regular intervals.**
- 3. Install clearly marked wall-mounted trauma kits next to publicly accessible AED cabinets.**
- 4. Require building security team members to carry bleeding control kits and receive Stop the Bleed, CPR, AED, and first aid training.**
- 5. Clearly communicate emergency protocols and procedures.**
- 6. Equip company-owned vehicles with first aid and bleeding control kits.**



**Uncontrolled bleeding is responsible for 35% of pre-hospital trauma deaths and 40% of deaths within the first 24 hours.<sup>4</sup>**

# K-12 & HIGHER EDUCATION



While it's not something we want to think could occur at a school, college, or university, mass casualty incidents, such as shootings, are a harrowing fact of life in American schools with nearly 100 reported incidences of gun violence in 2018.<sup>5</sup>

Combined with the best practices listed below, Stop the Bleed and bleeding control kits provide teachers and staff members with the products they need to save lives.



## 6 Best Practices to Help Keep Your Schools Safe:

1. Clearly communicate emergency protocols and procedures.
2. Install clearly marked wall-mounted trauma kits next to publicly accessible AED cabinets.
3. Require school security guards to carry bleeding control kits and receive Stop the Bleed, CPR, AED, and first aid training.
4. Equip all school vehicles and buses with first aid and bleeding control kits.
5. Reserve teacher in-service and planning days each year for first aid and Stop the Bleed training and refresher courses.
6. Install multiple bleeding control kits in gymnasiums, cafeterias, main office, library, and other popular common spaces.

Death from trauma can occur in as little as **5 minutes**.<sup>6</sup>

# PUBLIC ACCESS/ PUBLIC VENUES



In 2016, the U.S. National Library of Medicine of the National Institutes of Health released a study that found the U.S. had more public mass shootings than any other of the 170 nations investigated putting the need for public access bleeding control kits into sharp focus.<sup>7</sup>

For information on funding your Public Access Bleeding Control Kits, download the Cardio Partners Grant Guide for more fundraising and grant writing information.



## 6 Best Practices For Public Access/Public Venues:

1. Require security guards and key city officials to carry bleeding control kits and receive Stop the Bleed, CPR, AED, and first aid training.
2. Equip community gathering spaces, outdoor music venues, community centers, libraries, and other popular public spaces with bleeding control kits.
3. Install clearly marked wall-mounted trauma kits next to publicly accessible AED cabinets.
4. Provide easy-to-follow print/infographic instructions for public use.
5. Organize well-publicized community outreach campaigns to promote Stop the Bleed, CPR, AED, and first aid training.
6. Equip all municipal vehicles, buses, and buildings with first aid and bleeding control kits.
7. Clearly communicate emergency protocols and procedures.

The National Institute of Health recommends that **public venues** consider equipping their sites with supplies to treat a minimum of 20 bleeding victims during an intentional mass incident.<sup>8</sup>

# PRIVATE/PERSONAL



Life-threatening bleeding can result from everyday emergencies. It's important to have bleeding control kits on hand to help stop bleeding until medical professionals arrive.

Along with these best practices, be sure to develop and communicate emergency readiness plans to those around you.



## 3 Best Practices Private/Personal Bleeding Control:

1. Place easy-to-follow print/infographic instructions with first aid and bleeding control kits.
2. Become CPR, AED, and first aid certified.
3. Equip farming equipment, outbuildings, homes, and vehicles with first aid and bleeding control kits.

A grayscale photograph showing a person lying down with a significant bleeding wound on their arm. A person wearing white gloves is applying a bandage to the wound. The background is dark and out of focus.

Did you know that up to **20%** of trauma-related deaths in the United States could be prevented?<sup>9</sup>

# RECOGNIZING LIFE-THREATENING BLEEDING

As blood loss increases, the body begins to go into hypovolemic and hemorrhagic shock, caused by the sudden loss of the body's blood, resulting in inadequate blood delivery on the cellular level, which can lead to death.<sup>9</sup> Having access to a Stop the Bleed® or bleeding control kit after identifying one or more of the symptoms above can make all the difference while waiting for medical help to arrive.

In the event of an emergency, severe bleeding control training reminds you it's important to remember to remain calm and assess the situation to make sure you're safe and not in immediate danger before tending to a victim.

Once you've done so, call 911, or ask a bystander to do so while you put on gloves and work to find the source of the bleeding. After locating the wound, remove the clothing surrounding it so you can clearly see it and identify signs of life-threatening bleeding and apply compression.

**If you've found the source of the bleeding, assess the wound for the symptoms of life-threatening bleeding such as:**

- Blood spurting or pumping from a wound
- Wounds that will not stop bleeding
- Complete or partial amputation
- Blood that is pooling on the ground
- Blood-soaked bandages
- Clothing that is saturated with blood
- Loss of consciousness
- Rapid heartbeat
- Quick, shallow breathing
- Low blood pressure
- Dizziness, confusion, sweating, fatigue, nausea, or headache

# STATISTICS

- 1.** Approximately five million people die every year around the world from accidental and non-accidental trauma.<sup>1</sup>
- 2.** Uncontrolled bleeding is the #1 cause of preventable death from trauma?<sup>2</sup>
- 3.** In 2018, 5,250 workers died on the job, meaning, on average, 14 deaths occurred every day.<sup>3</sup>
- 4.** Uncontrolled bleeding is responsible for 35% of pre-hospital trauma deaths and 40% of deaths within the first 24 hours.<sup>4</sup>
- 5.** While it's not something we want to think could occur at a school, college, or university, mass casualty incidents, such as shootings, are a harrowing fact of life in American schools with nearly 100 reported incidences of gun violence in 2018.<sup>5</sup>
- 6.** Death from loss of blood can occur in less than five minutes.<sup>6</sup>
- 7.** In 2016, the U.S. National Library of Medicine of the National Institutes of Health released a study that found the U.S. had more public mass shootings than any other of the 170 nations investigated.<sup>7</sup>
- 8.** The National Institute of Health recommends that public venues consider equipping their sites with supplies to treat a minimum of 20 bleeding victims during an intentional mass incident.<sup>8</sup>
- 9.** Did you know that up to 20% of trauma-related deaths in the United States could be prevented?<sup>9</sup>



