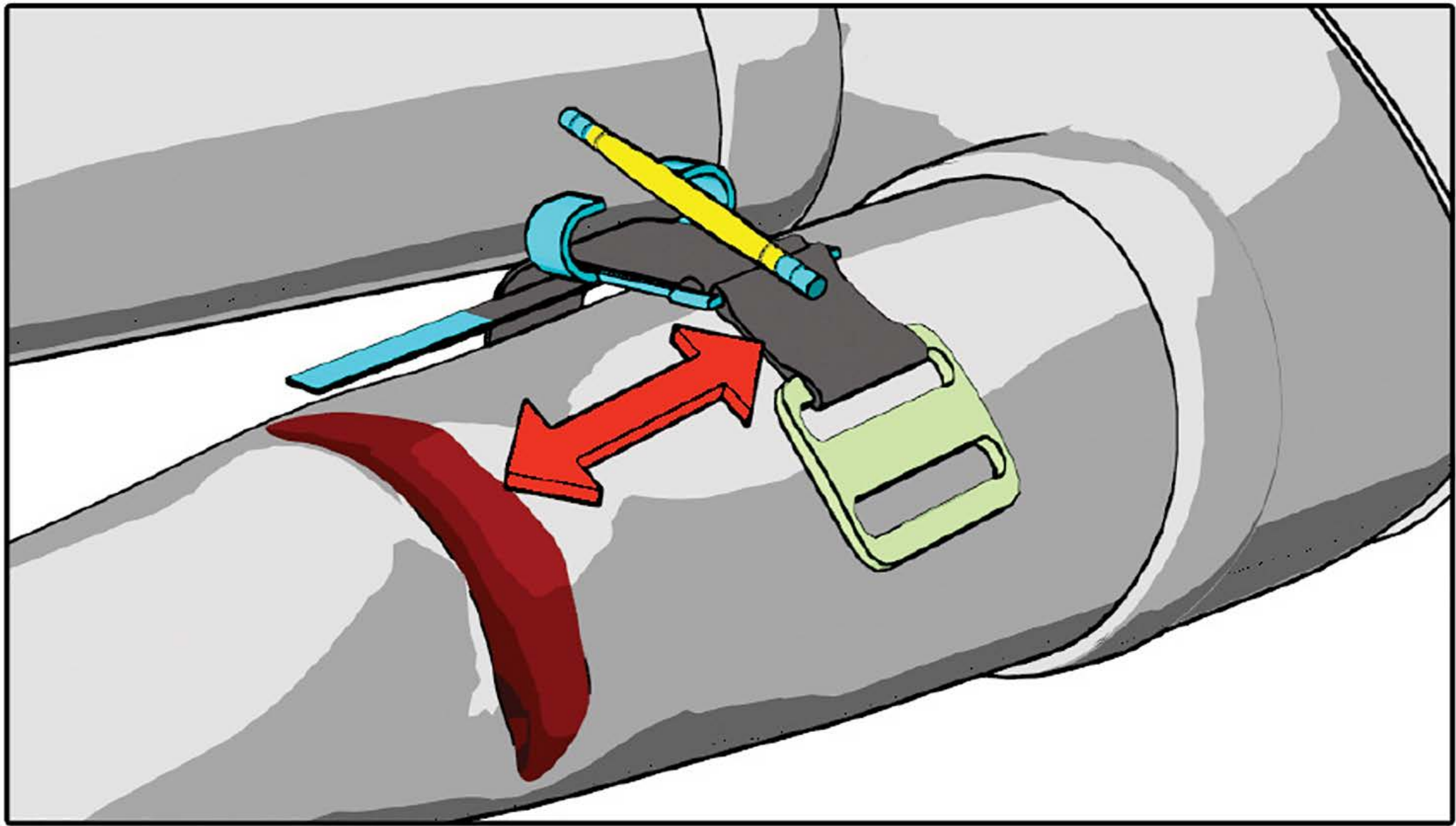


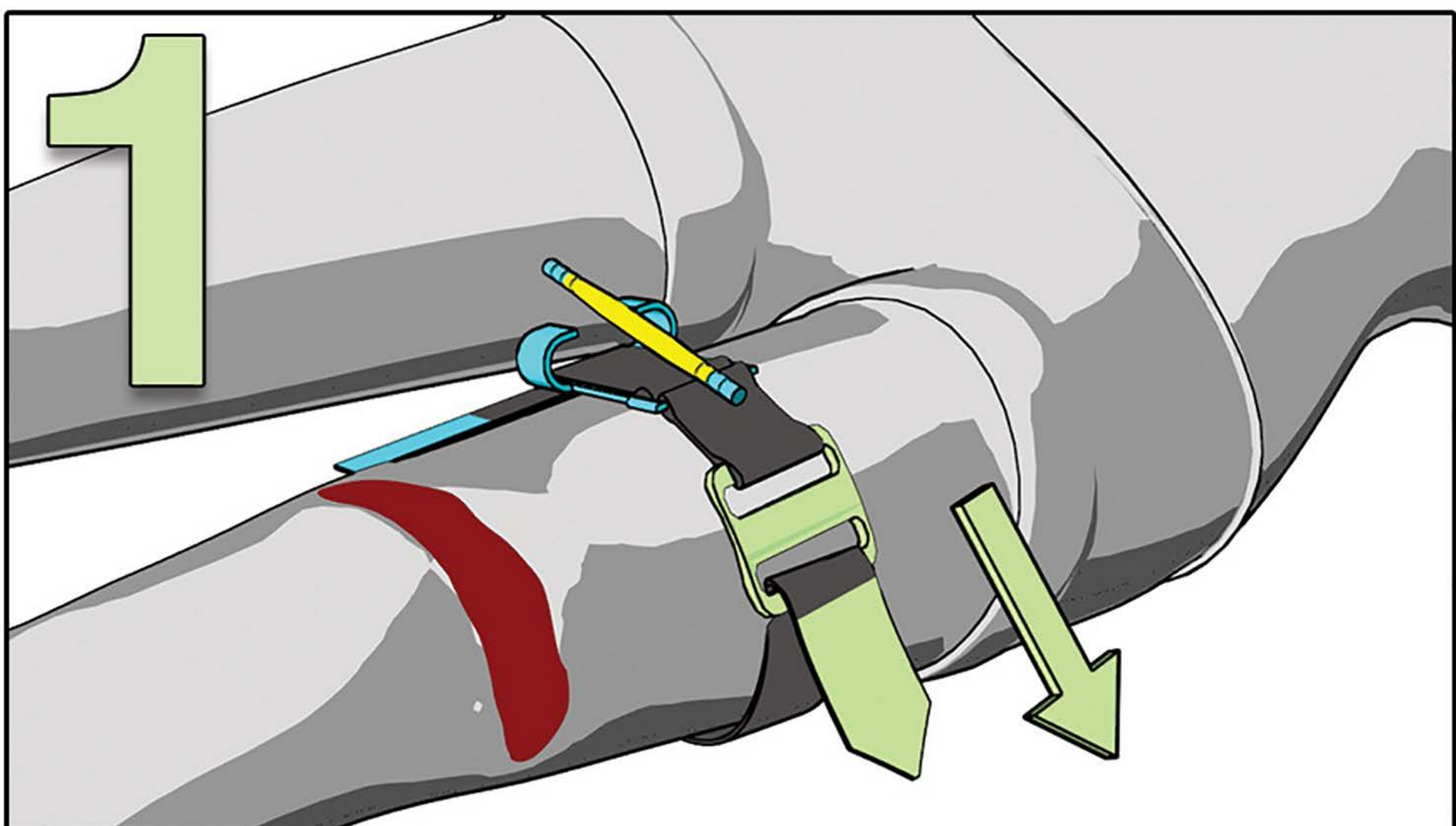


# STOP THE BLEED<sup>SM</sup> APPLY PRESSURE

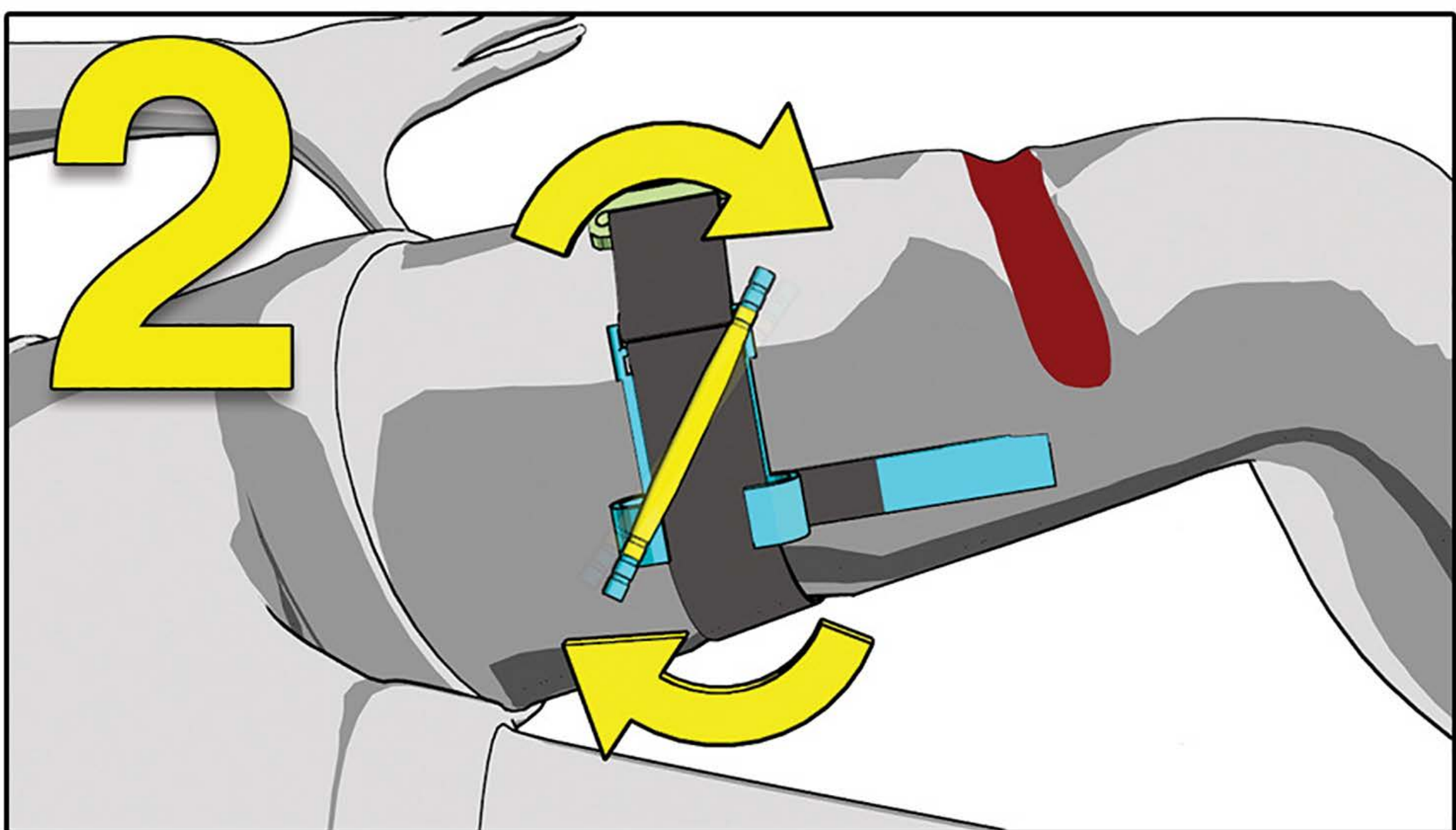
Determine that you are safe where you are.  
Tell someone to call 911.



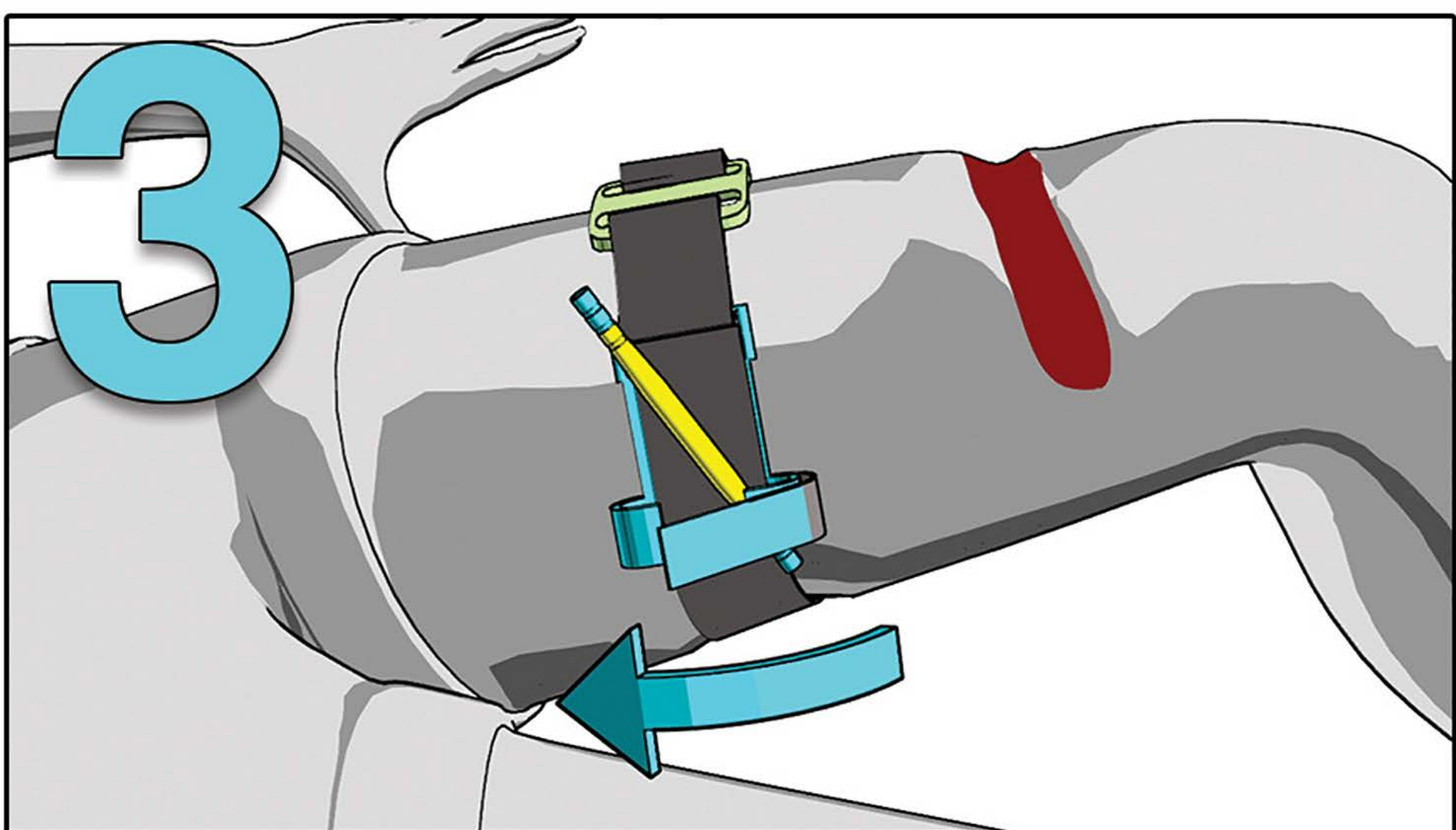
Place the tourniquet 2-3 inches above the wound. It should be between the torso and the wound.



**PULL** the free end of the Velcro strap. Thread it through the buckle. Securely fasten it back onto itself.



**TWIST** the rod. Keep twisting until bleeding stops. It is normal for this to cause some pain.



**CLIP** and secure the rod with the small Velcro strap so that it does not untwist. If bleeding hasn't stopped, apply a second tourniquet above the previous one, closer to the torso.

Continue to monitor and comfort the injured person until help arrives. Do not loosen or remove the tourniquet.





**STOP**  
**THE BLEED**<sup>SM</sup>  
*APPLY PRESSURE*

## **Serious Bleeding**

Bleeding is serious or life-threatening if:

- **Blood is continuously flowing.**
- **Blood is squirting.**
- **There is a half can of soda's worth of blood on the ground.**
- **Blood is pooling on the surface.**

**Bleeding like this can occur when someone is seriously injured such as during an accident or explosion.**

**If it is serious bleeding on the arms or legs, a tourniquet is appropriate.**  
**If it is serious bleeding, not on the arms or legs, then apply firm, direct pressure.**

