Ensure Your Own Safety

A – Alert – Call 9-1-1

B – Bleeding – Find the bleeding injury

C – Compress

- Cover the wound with a clean cloth and apply pressure by pushing directly on it with both hands, OR
- Using a tourniquet, OR
- Packing (stuff) the wound with gauze or a clean cloth and then applying pressure with both hands

STOP THE BLEED®
SAVE A LIFE

AMERICAN COLLEGE OF SURGEONS
Inspiring Quality:
Highest Standards, Better Outcomes
100+years

THE COMMITTEE ON TRAUMA

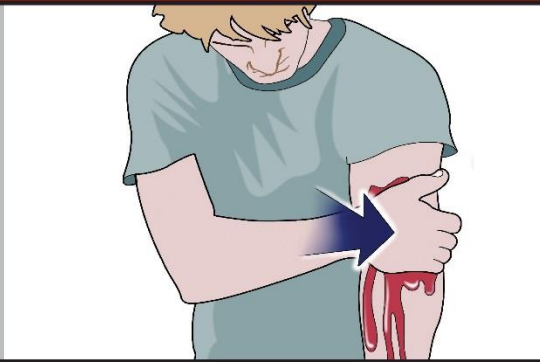HARTFORD CONSENSUS SAVE A LIFE STOP THE BLEEDING
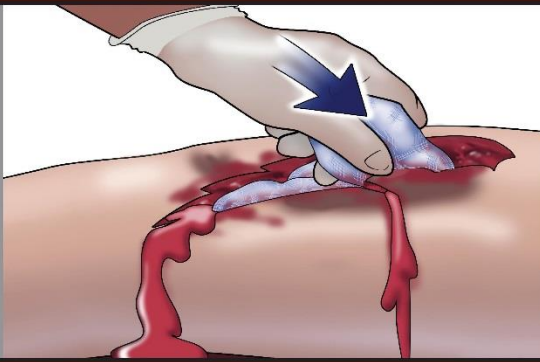
BLEEDINGCONTROL.ORG

Training Provided By:
UH University Hospitals

1 APPLY PRESSURE WITH HANDS

2 APPLY DRESSING AND PRESS

3 APPLY TOURNIQUET

WRAP **WIND** **SECURE** **TIME**

CALL 911