



BLEEDING CONTROL

Recognition · Pressure · Packing · Tourniquets

Checklist · Kit contents · Scenario
GUARD™ in bleeding emergencies



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Central & Northeast Florida · Veteran-Owned

Why Minutes Matter

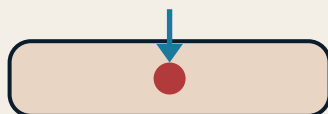
Severe bleeding can kill in minutes — often before EMS arrives. Roughly 40% of prehospital trauma deaths have been attributed to blood loss. Many trauma deaths occur within 1–2 hours from uncontrolled hemorrhage.

Awareness only — not certification. Call 911 for life-threatening bleeding. Physical skills require hands-on practice with training aids and an instructor.

Recognizing Life-Threatening Bleeding

- Blood spurting or pooling rapidly
- Clothing or dressings soaked through
- Wound that does not slow with initial firm pressure
- Major or partial amputation
- Pallor, weakness, confusion, or unresponsiveness

Three Interventions



Direct pressure — firm & continuous

Do not keep lifting to check

1. Direct Pressure

Firm, continuous pressure. Use gauze or clean cloth. Do not keep lifting to check.

2. Wound Packing

For deep wounds (including some junctional areas), pack the wound itself — not just cover the surface. Often done incompletely under stress; practice matters.

3. Tourniquets

Not a last resort. For severe limb bleeding, a commercial tourniquet applied early is safer than prolonged ineffective pressure. High and tight; note the time; do not loosen while waiting for EMS.



What Training Changes

A systematic review found significant improvement in knowledge or tourniquet skills across 26 studies of layperson training. Many also reported higher willingness and confidence. Simulation still shows imperfect performance — skills need practice.

Workplace Preparation Checklist

- Locations where severe bleeding could occur are identified
- Supplies placed for quick access — not locked far away
- Enough trained people to cover shifts and areas
- 911, PPE, scene safety, EMS access in the written plan
- Kits inspected; expired/used components replaced
- At least one tabletop or hands-on scenario in 12 months
- Trauma kit contents list posted near the kit

Kit locations / next inspection:

Suggested Kit Contents (starting point)

Commercial tourniquet(s) · Compressed gauze for packing · Pressure dressings · Gloves · Shears · Marker to note tourniquet time · Instruction card

Tabletop Scenario

Deep laceration in a loading area. Blood pooling rapidly. One coworker runs for a kit; another calls a supervisor. PPE is 20 feet away. Nearest trauma kit is at the far end of the building.

What should happen before the supervisor arrives?

Who calls 911?

What PPE is immediately available?

Where is the nearest bleeding-control equipment?

Can EMS find the exact entrance and patient?

Which parts need hands-on skill vs. reading?

One improvement in the next 30 days:



GUARD™ in a Bleeding Emergency

Gauge scene safety & severity · Use Your Resources: 911, helpers, kits, PPE · Act: pressure / pack / tourniquet ·
Recover: stabilize patient & scene · Depart & Dial: move/evacuate if needed, call help, and continue safe care to EMS handoff.

Sources: Systematic review of layperson hemorrhage-control training; trauma literature. Steel Water Training LLC · (904) 593-2199