



## What Everyone Should Know to Stop Bleeding After An Injury.

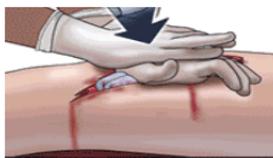
### 1. Call 9-1-1

Call 9-1-1

### 2. Apply Pressure With Hands



### 3. Apply Dressing And Press



### 4. Apply Tourniquet



Wrap



Wind



Secure



Time



*The only thing more tragic than a death from bleeding is a death that could have been prevented.*

## Why learn STB?

Minutes count! A bleeding injury can happen anywhere. Life-threatening bleeding can happen in people injured in serious accidents or disasters, and someone who is severely bleeding can **bleed to death in as little as 5 minutes**. Civilians need basic training in bleeding control principles so they are able to provide immediate, frontline aid until first responders are able to take over care of an injured person.

In some situations, there may be a delay between the time of injury and the time a first responder arrives at the scene. Without civilian intervention, preventable death may occur.

That's why bleeding control—keeping the blood inside the body—is the purpose of STOP THE BLEED® training.



The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit organization committed to injury prevention and mitigation through education, intervention and advocacy.

**American Trauma Society, PA Division**  
**2 Flowers Drive, Mechanicsburg PA 17050**  
**717.766.1616 • [atspa@atspa.org](mailto:atspa@atspa.org)**