











Stop the Bleed

American College of Surgeons

Stop the Bleed is an emergency bleeding control awareness course that helps everyday people recognize life-threatening bleeding. It teaches you how to act quickly to help save a life before emergency help arrives.

Select the "Course Introduction" lesson to get started!

-  **Course Introduction**
-  **Why it Matters**
-  **Stay Safe & Get Help**
-  **Recognizing Severe Bleeding**
-  **Controlling Severe Bleeding**
-  **Special Considerations**
-  **Interactive Experience Options**
-  **Course Summary**



Quiz



Conclusion

Course Introduction

Lesson Audio



0:47

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Course Introduction

Welcome to the **Stop the Bleed** Course!

Bleeding is one of the biggest dangers after a serious injury and can lead to shock or death within minutes. This course will show **three ways** that can help **control life-threatening bleeding** until help arrives.



Disclaimer: This course contains depictions of injuries, dangerous situations, and bleeding.



By the end of this course, you should be able to:

- Recognize signs of life-threatening bleeding
- Choose the best way to help control bleeding
- Act safely while waiting for emergency services

The content for this course is drawn on materials from the **American College of Surgeons Stop the Bleed®** program.



This training is for educational purposes and does not replace emergency medical care, professional training, or your organization's emergency procedures.



Complete the content above before moving on.

Why it Matters

Lesson Audio



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Why it Matters

Did you know that bleeding is the #1 cause of preventable death after injury?

In this lesson, you'll explore how serious injuries can happen at home, at work, in public places, during severe weather, or from violence or vehicle-related incidents.

Common Examples of Bleeding Emergencies

Life-threatening bleeding can happen in many different situations.

Home —

Bleeding emergencies can happen at home during everyday activities.

Common examples include:

- Cuts from broken glass or sharp kitchen tools
- Injuries from power tools or home repair equipment
- Falls that result in serious cuts or trauma

Work —

Work environments can include equipment, tools, and conditions that increase injury risk.

Common examples include:

- Machinery-related injuries
- Cuts from tools, sharp materials, or broken equipment
- Falls or struck-by incidents that cause severe trauma

Public Spaces —

Public areas can present unexpected hazards where serious injuries may occur.

Common examples include:

- Broken glass or sharp debris
- Escalator, stair, or crowd-related injuries
- Injuries during public events, recreation, or community activities

Violence & Intentional Harm —

Acts of violence can result in life-threatening bleeding and require immediate action.

Common examples include:

- Gunshot wounds
- Stab wounds
- Deep lacerations from assault or violent trauma

Weather & Natural Events

Severe weather and natural events can create dangerous conditions that lead to traumatic injuries.

Common examples include:

- Injuries from flying or falling debris
- Cuts from broken windows or damaged structures
- Trauma during storms, flooding, or other emergency conditions

Vehicles

Vehicle-related incidents can cause serious injuries with heavy bleeding.

Common examples include:

- Car or truck crashes
- Motorcycle or bicycle accidents
- Injuries involving boats, ATVs, or other motorized vehicles



Knowing what to do helps you stay calm, take

action, and control bleeding until help arrives.

Time is a key factor in survival.



Severe bleeding is a life-threatening emergency.

- Severe blood loss can lead to **shock**
- Signs of shock may include **pale** or **clammy skin, confusion, or weakness**
- It can become fatal in as little as **3 to 5 minutes**
- **EMS may not arrive in time** to stop the bleeding
- Knowing what to do and acting quickly can **save a life**



EMS may take 7–10 minutes on average to arrive, and longer in rural areas or bad weather.

Quiz Audio



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Ready to test your knowledge?

Ready to test your knowledge?

Scenario:

A person is seriously injured after falling near a broken glass entry door. Emergency services have been called, but they have not arrived yet.

Question:

What makes this situation especially dangerous?

Select one.

-
- Emergency services usually arrive before blood loss becomes serious
 - Serious bleeding can become fatal before help arrives
 - Blood loss is only dangerous after 15 minutes
 - It is best to wait for medical professionals before doing anything

SUBMIT



Complete the content above before moving on.

Stay Safe & Get Help

Lesson Audio



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Stay Safe & Get Help

As an immediate responder, your safety is your first priority.

In this lesson, you'll learn how to **stay safe**, **get help**, and **respond** to a bleeding emergency without putting yourself in danger.

Check the Scene for Safety

Look for hazards before helping. Only give aid when it is safe to do so.



Take a moment to **look around** and identify anything that could put **you or others in danger**. Remember that conditions can change quickly.

Examples include:

- Watch for traffic, fire, flooding, or violent situations
- Look for broken glass, sharp objects, or unsafe equipment
- Do not enter an area that could put you at risk
- If the scene becomes unsafe at any time, move to safety and get help



Once the scene is safe, your next priority is to get help quickly.

Call for Help

If emergency services are called, be ready to share clear and important details.

Tell them:	Why it matters:
What happened	Helps responders understand the emergency
Where you are	Helps them find you quickly
When it happened	Helps them understand how recent the injury is

How many people are injured	Helps them prepare the right response
Any ongoing danger	Helps responders stay safe when they arrive



Do not delay care while calling for help. If you are alone with the victim, put your phone on speaker. If others are nearby, direct someone else to call.

Quiz Audio



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Ready to test your knowledge?

Ready to test your knowledge?

Scenario:

You arrive at the scene of a serious injury in a parking lot. A person has been hit while riding a bicycle and is bleeding heavily. The bicycle is damaged, debris is scattered on the ground, and vehicles are still moving nearby.

Question:

What should you do first?

Select one.

- Wait nearby until emergency responders arrive
- Move the injured person to a quieter area
- Apply pressure only if you see a large amount of blood
- Quickly check the scene for danger and call for help

SUBMIT



Complete the content above before moving on.

Recognizing Severe Bleeding

Lesson Audio



1:17

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Recognizing Severe Bleeding

Not all bleeding is life-threatening. Minor bleeding may stop with basic first aid. Bleeding that does not stop can become deadly within minutes.

In this lesson, you'll learn how to **recognize** signs of severe bleeding and **identify** when immediate action is needed.

Know the Signs

Look for these warning signs when someone is seriously injured:



Bleeding that does not stop

Blood continues to flow and does not slow down or stop.



Large amounts of blood

A person is losing a heavy amount of blood in a short time.



Pooling blood

Blood is collecting on the ground or another surface nearby.



Clothing soaked in blood



Amputation

Blood may spread quickly through clothing and hide how serious the injury is.

A body part is partially or completely removed.

Look More Closely

Severe bleeding may not always be easy to spot.

- A person may have more than one injury
- Clothing can hide serious bleeding
- Check carefully for more than one source of bleeding
- The methods in this course are used for external bleeding, or bleeding you can see



Quiz Audio

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Ready to test your knowledge?

Ready to test your knowledge?

Scenario:

After a severe storm, you find a person lying on the ground near a downed power line. Their clothing is soaked with blood, and you notice blood pooling near one of their legs.

Question:

What is the safest and most appropriate response?

Select one.

- Stay back, recognize the danger, and call for emergency help immediately
- Go directly to the person and begin helping right away
- Move the person away from the area as quickly as possible
- Wait nearby to see if the bleeding stops on its own

SUBMIT



Complete the content above before moving on.

Controlling Severe Bleeding

Lesson Audio



3:24

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Controlling Severe Bleeding

There are three main ways to help control severe bleeding.

In this lesson, you'll learn when to use **direct pressure, wound packing, or a **tourniquet** to help control severe bleeding until emergency help arrives.**

Ask Before You Act - Get Consent

Before you begin care, make sure it is safe and that consent has been given or implied.

Depending on the situation, ask:

- If the person is awake, ask for permission, speak calmly, let them know help is on the way
- If the person is confused or unconscious, consent is implied

Help only when it is safe to do so.



Bleeding Control Kits

These kits contain tools used to help control severe bleeding.



Bleeding control kits are often bright-colored (like red) and labeled “Stop the Bleed.”

Look for bleeding control kits. These may be wall-mounted or part of individual emergency kits, and are often located near equipment like an AED.

The kits may contain:

- Gloves, gauze, and wound packing materials
- Often includes a tourniquet
- Items designed to help control severe bleeding quickly

If a kit is not available, use clean cloth or other materials to help control bleeding.

Choose the Right Method

The best response depends on the injury type and location, using the right method to control bleeding until help arrives.

Method 1

Direct Pressure - Often the first method to try

What it is:

Direct pressure means pressing firmly on the wound using a clean cloth, towel, gauze, or other absorbent material.

How to do it:

- Place the material directly over the wound
- Press down firmly

- . Keep steady pressure on the wound
- . Do not stop unless another method is needed

What it does:

Direct pressure helps stop bleeding. Do not remove pressure unless needed - it can cause bleeding to start again.



Method 2

Wound Packing - Used for deep or large wounds

What it is:

Wound packing means placing gauze or cloth directly into a deep wound to help control bleeding from the inside.

How to do it:

- Pack gauze or cloth directly into the wound
- Pack the wound tightly
- Apply pressure after packing
- Keep pressure on the wound

What it does:

Wound packing helps create pressure inside the wound to slow or stop bleeding.



Method 3

Tourniquet - Used for severe bleeding in an arm or leg

What it is:

When needed, a tourniquet is used to help stop severe bleeding from an arm or leg.

How to do it:

- Place it 2 to 3 inches (5 to 7.5 cm) above the wound
- Do not place it over a joint
- Tighten it until the bleeding stops
- Do not remove or loosen it - allow it to remain in place until EMS takes over

What it does:

A tourniquet stops blood flow to the injured limb to help control severe, life-threatening bleeding.





As a reminder - stay with the person until help arrives. Continue applying pressure and monitor their condition.

Quiz Audio



0:35

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Ready to test your knowledge?

Ready to test your knowledge?

Scenario:

During a youth sports tournament, a volunteer trips while carrying equipment and falls onto a sharp metal field marker. They have a deep wound in their upper thigh, and blood is flowing heavily.

Question:

Which bleeding control method is most appropriate based on this injury?

Select one.

- Apply direct pressure only
- Pack the wound and apply pressure
- Apply a tourniquet directly over the wound
- Move the person before doing anything else

SUBMIT



Complete the content above before moving on.

Special Considerations

Lesson Audio



1:50

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Special Considerations

Not every bleeding emergency looks the same or should be treated the same way.

In this lesson, you'll review **important reminders and learn about situations where a **different response** may be needed.**

When a Tourniquet May Not Work



Tourniquets are not effective for all injuries.

Examples include:

- Injuries to the neck
- Injuries to the groin
- Injuries near joints

For these injuries, use direct pressure and wound packing instead.

Important Reminders

Some actions can make a bleeding emergency worse. Review these reminders before helping someone with severe bleeding.

Avoid This:

Placing a tourniquet directly over a wound

Using a tourniquet for minor bleeding

Removing an object stuck in a wound

Using an improvised tourniquet

Why it Matters:

It may not stop the bleeding the right way

It may cause unnecessary harm

Bleeding can get worse

It may not work well when it is needed most

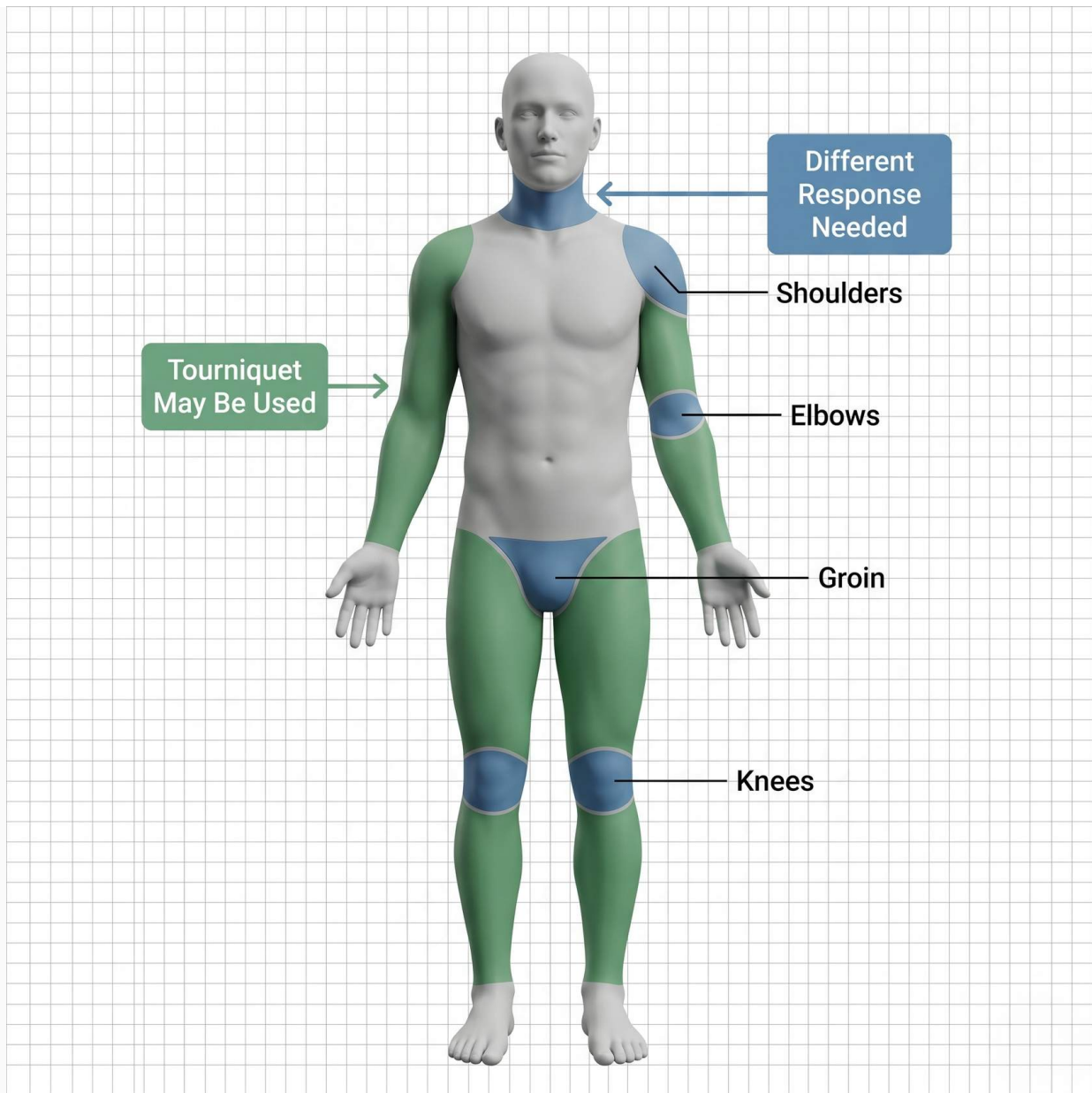
Some Situations May Look Different

Bleeding emergencies can vary depending on the injury.

Examples include:

- Gunshot wounds may have an entry and exit wound - check for more than one source of bleeding
- Infants and small children require direct pressure or packing instead
- Amputations may require a tourniquet
- If bleeding does not stop, a second tourniquet may be applied above the first

If possible, place any amputated body part in a bag, keep it cool with ice nearby, and give it to EMS.



Tourniquets are appropriate for severe bleeding on the arms and legs (green areas), while wounds to the neck, groin, and joints (blue areas) require different responses like direct pressure or packing.



Not all injuries are treated the same. Check carefully and treat the wound that is bleeding the most.

Quiz Audio



0:36

1x



Ready to test your knowledge?

Ready to test your knowledge?

Scenario:

While moving materials at work, a worker slips and suffers a deep injury high on the upper leg near the groin. The bleeding is severe, and their clothing is quickly becoming soaked with blood. Emergency help has already been called.

Question:

What is the best response?

Select one.

-
- Apply a tourniquet above the wound
 - Apply a tourniquet directly over the injury
 - Use direct pressure and wound packing



Wait to see if the bleeding slows down

SUBMIT



Complete the content above before moving on.

Interactive Experience Options

Lesson Audio



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Interactive Experience Options

Get ready to practice what you've learned in a virtual simulation.

You can complete this activity in one of the following ways:

1. Using a screen reader
2. Using a mobile device (Android or iOS)
3. Using a desktop or laptop computer

[Scroll down and follow the instructions](#) in Sections 1 through 3 to choose the option that works best for your device or accessibility needs.

1

Screen reader access:

1. Download the accessible PDF version of the simulation below.

2. Once complete, select the **Continue** button at the bottom of the page.



Stop the Bleed - Accessible.pdf

4.6 MB



2

Mobile device (Android or iOS)

1. [Visit the app store for your device.](#)
2. Download the **Train360** app.
3. When prompted, enter the 4-digit Learning Code provided below.
4. Once complete, select the **Continue** button at the bottom of the page.



Learning Code:

3

Desktop or laptop computer:

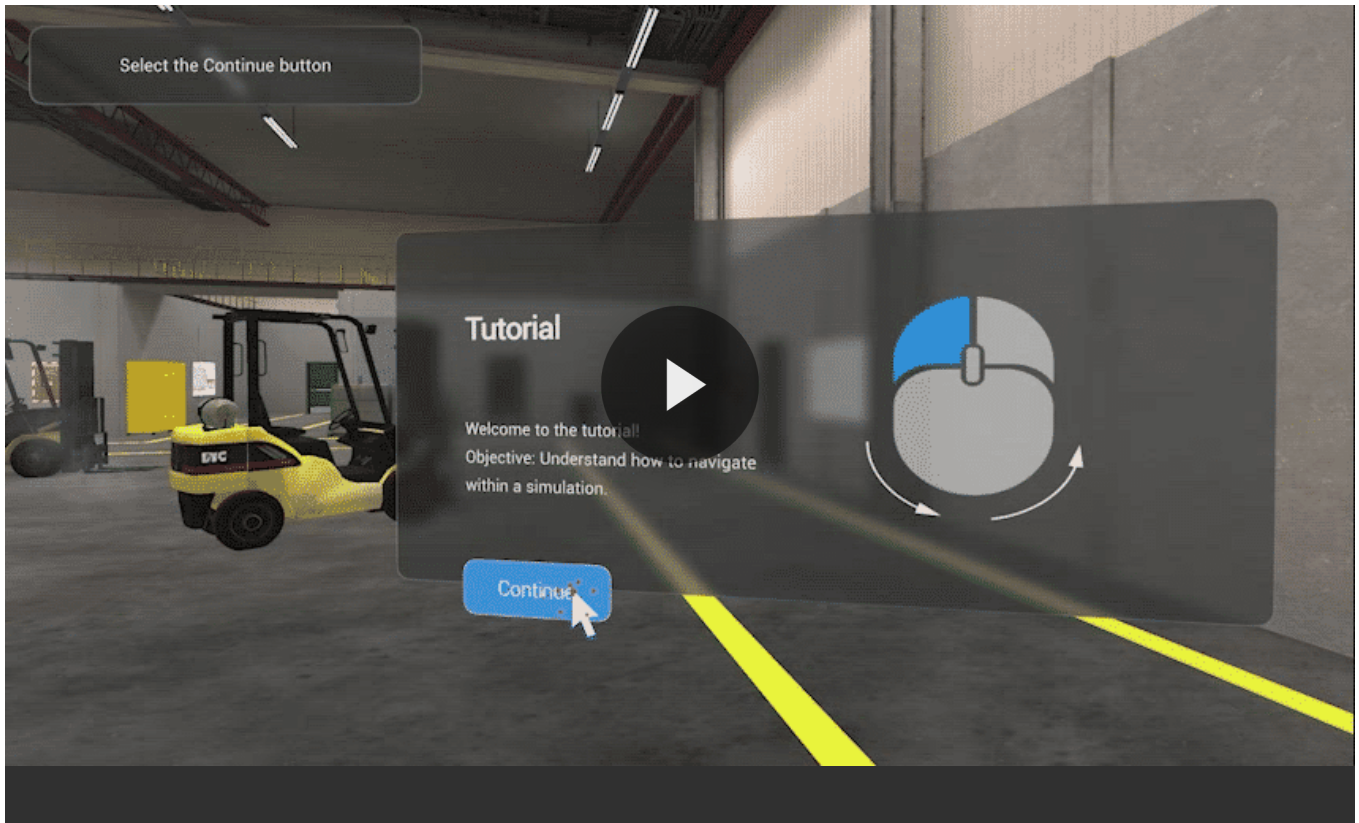
1. Scroll down and wait for the simulation to fully load (**load times may vary**).
2. Select your preferred language.
3. Click and drag your mouse to look around and explore the virtual space **in any direction**.
4. Select the expand icon (bottom right) for full-screen mode.
5. Select **ESC** to return back to the course view.
6. Once complete, select the **Continue** button at the bottom of the page.
7. Want a quick tutorial? Scroll down to the **Optional computer tutorial**.

Select **Continue** to Launch Experience

CONTINUE

Optional computer tutorial:

Watch this short tutorial to learn how to navigate the simulation on a desktop or laptop computer.



CONTINUE

Course Summary

Lesson Audio



1:04

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Course Summary

Mindfulness Moment:

In a high-stress moment, staying calm helps you make safer and more effective decisions. Take a few slow, deep breaths. Focus on what you see, what needs to happen next, and how to help safely.

Before the quiz, here's a review of [Key Safety Tips to Remember!](#)

Select each card to learn more.

Stay Safe First

Before helping, check the scene for danger. Do not put yourself at risk while trying to help someone else.

Act Quickly, Stay Focused

Severe bleeding can become fatal in minutes. Stay calm, call for help, and focus on the next safe action.

Use the Right Method

Choose direct pressure, wound packing, or a tourniquet based on the injury. Use the method that best fits the location and severity of the bleeding.



This training is designed to help you recognize severe bleeding and take action until emergency help arrives. It does not replace professional medical care.



Complete the content above before moving on.

Quiz

It's now time to take the quiz. You must score 80% or higher to pass the quiz and complete the course.

Question

01/07

You're at a grocery store when someone drops a glass jar. Another shopper slips, falls, and has a deep cut on their forearm. Blood is dripping steadily onto the floor. The area is clear and safe.

What is the best thing to do?

Select one.



0:32

-
- Help them stand up and walk to a chair
 - Apply steady pressure to the wound using cloth or clothing
 - Wait for store staff to handle it
 - Clean the floor before helping

Question

02/07

At home, someone cuts their hand deeply while preparing food. Blood is flowing, and a towel placed on the wound quickly becomes soaked.

What should you do next?

Select one.



0:28

-
- Remove the towel to check the wound repeatedly
 - Stop applying pressure to let the wound breathe
 - Rinse the wound with water for several minutes
 - Add more material and keep firm pressure on the wound

Question

03/07

You arrive at the scene of a bike accident. A rider has a deep wound on their upper arm and is bleeding heavily. You are alone, and help has not been called yet.

What should you do?

Select one.



0:29

-
- Call for help using speaker mode while beginning care
 - Leave to find help before doing anything
 - Focus only on stopping the bleeding and call later
 - Move the person away from the area first

Question

04/07

A worker is injured by equipment and has a deep cut on the shoulder. Blood is flowing steadily, but the cut is deep and difficult to access.

What response makes the most sense?

Select one.



0:28

-
- Wait for EMS before doing anything
 - Place a tourniquet around the neck area
 - Pack the wound and apply firm, direct pressure
 - Continue pressing on the wound until help arrives

Question

05/07

Someone's lower leg is badly injured after being pinned by equipment. Blood is flowing heavily, and the injury is severe. You have a tourniquet available.

What is the best action?

Select one.



0:29

-
- Use light pressure only to avoid pain
 - Wait to see if bleeding slows on its own
 - Place the tourniquet directly over the wound
 - Apply the tourniquet above the wound and tighten until bleeding stops

Question

06/07

After heavy rain, you see someone injured near fast-moving water and debris. They appear to be bleeding.

What is the safest decision?

Select one.



0:24

-
- Go directly to the person and begin care
 - Move quickly through the water to reach them
 - Stay back, assess the danger, and call for help
 - Try to pull them toward you immediately

Question

07/07

You come upon a coworker with a deep bleeding wound. They are conscious, scared, and able to respond. The area is safe, and you have supplies available.

What should you do first?

Select one.



0:27

-
- Immediately start packing the wound
 - Apply a tourniquet right away
 - Ask if you can help them before providing care
 - Move them to a different location

Conclusion

Lesson Audio



0:28

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Conclusion

Thank you for taking the time to learn these life-saving skills.

What To Do First

What you do in those first few minutes can make all the difference.

- Check the scene for safety
- Call for help
- Ask for consent (if able)
- Control the bleeding



You don't need to be a medical professional to save a life. Stay calm, act quickly, and use the method that fits the situation.



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