

## Stop The Bleed Training

PennDOT District 12

### Problem

A person can bleed to death in less than five minutes, which makes it difficult for emergency medical responders to arrive fast enough to control bleeding and save lives.

Our employees are very often on the scene before emergency medical responders. With the goal of saving lives, the **Stop The Bleed** training aims to educate employees on how to control bleeding.

### Challenge

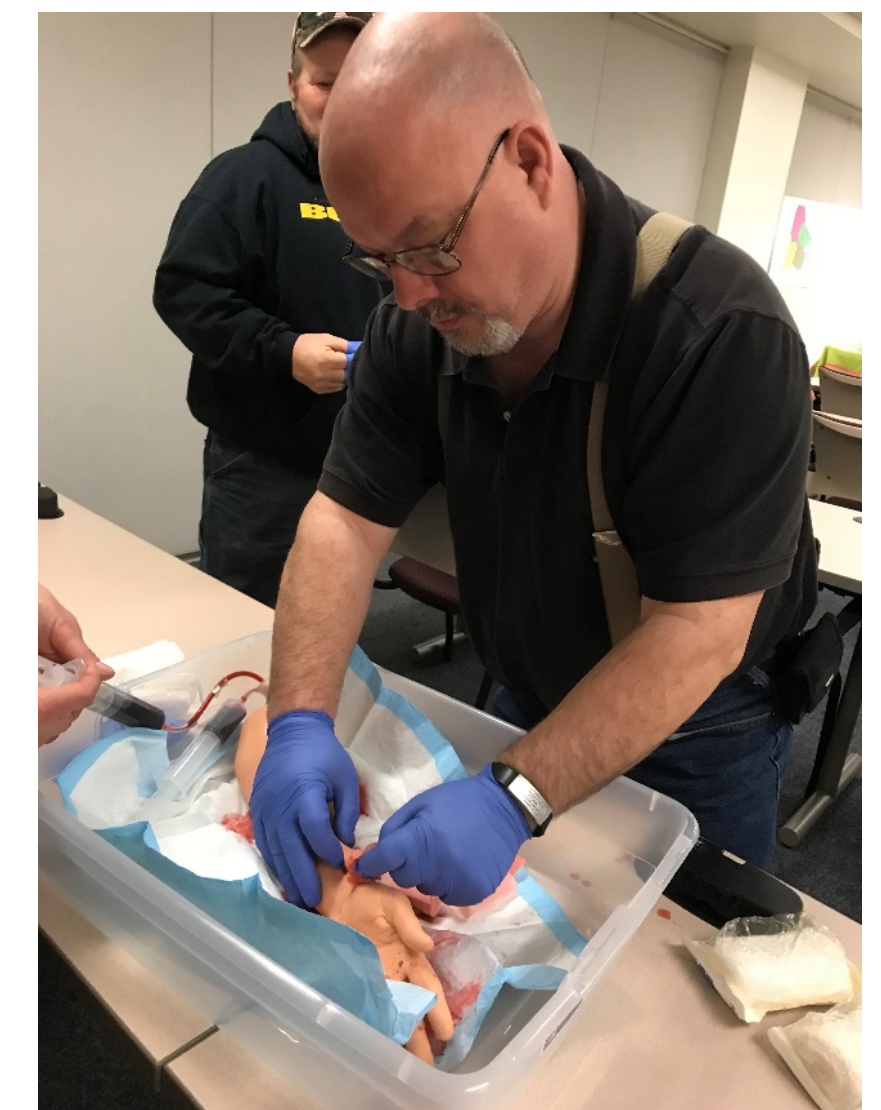
Considering the number of employees in District 12 (784), scheduling outside instructors for multiple classes would be a challenge. The solution was to certify in-house instructors to conduct the training.

### Contact Information

Jay Ofsanik  
724-439-7135  
jofsanik@pa.gov

### Results

To date, over 175 employees have received the **Stop The Bleed** training. Our county maintenance offices have purchased tourniquets and bleed kits. We currently have four in-house instructors.



## Process

- **First:** Contact a local instructor. This can be at your local EMS, or local hospital.
- **Second:** Schedule a class and arrange for this to also be a Train-the-Trainer class. Employees already trained to instruct First Aid/CPR classes are excellent candidates to instruct this class.
- **Third:** Inquire what local agency currently has training equipment available for loan to conduct training. Your local instructor should be able to direct you to a source.

## Materials Needed

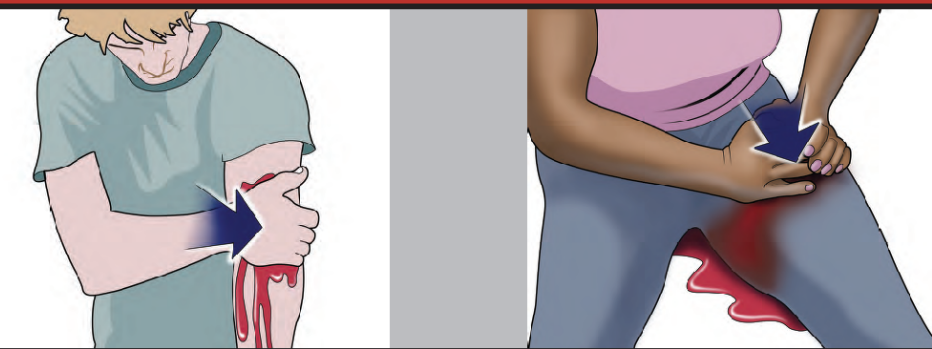
- Classroom
- Audio visual equipment, e.g. laptop and projector
- PowerPoint presentation
- Training equipment, e.g. tourniquet, dressing
- Student to participate in the class



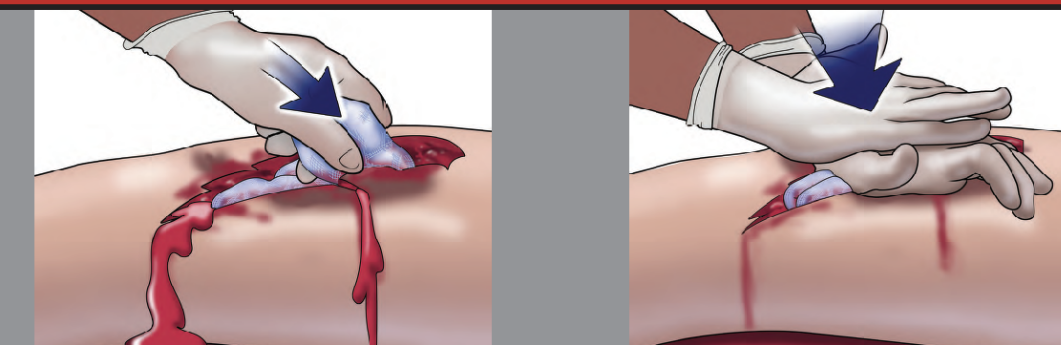
**SAVE A LIFE**



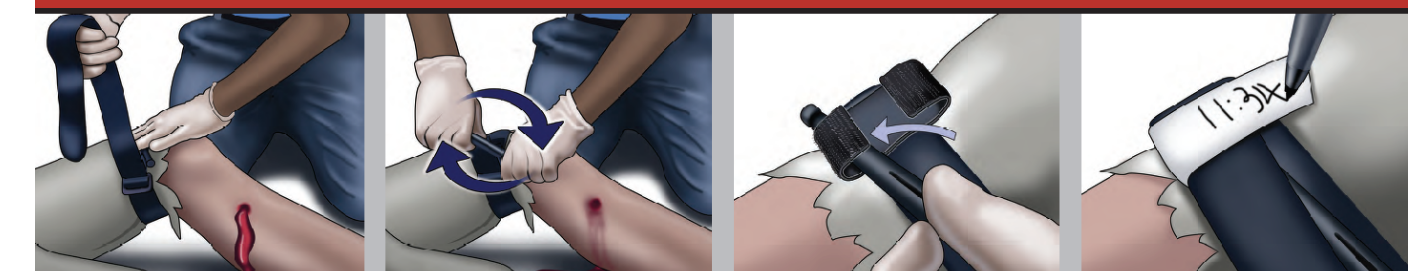
**1 APPLY PRESSURE WITH HANDS**



**2 APPLY DRESSING AND PRESS**



**3 APPLY TOURNIQUET**



WRAP

WIND

SECURE

TIME

**CALL 911**

The Stop the Bleed campaign was initiated by a federal emergency response convened by the National Security Council Staff, The White House. The purpose of the campaign is to build national readiness by better preparing the public to save lives by getting immediate help by calling emergency services and providing first aid. Advance training by medical professionals and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which represents a foundation of knowledge back to the forefront of the general public. Stop the Bleed is a registered service mark of the Department of the Defense. Use of this equipment and the training does not guarantee that all bleeding will be stopped or that all lives will be saved.

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**Student Handout**

## Emergency Supplies Purchased from Grainger

- Tourniquet
- Trauma Pak
  - QuikClot Dressing
  - Trauma Pad
  - Gloves
  - Duct Tape
  - Triangular Bandage
  - Sterile Dressings
  - Antiseptic Wipes

