

Combat Application Tourniquet (C.A.T):



Step 1. Apply the C.A.T. to the wounded extremity (arm or leg).

Step 2. Pull the self-adhering band as tight as possible, and fasten back on itself all the way around.

Step 3. Twist the rod until the bleeding has stopped. This will hurt!

Step 4. Secure the rod inside the clip to lock in place.

Step 5. Secure the rod and band with time strap. Record time of application.

Other Considerations:

- Airway support–

Roll victim on their side to keep saliva/ blood from pooling in the mouth.

- Keep the victim warm–

Cover them with a blanket or coat.

Blood loss = heat loss = inability to clot.

Howard County Department of Fire and Rescue Services (HCDFRS) has made bleeding control kits available in public locations including schools, community centers & other gathering places. Kits have been strategically stored in or near Automated External Defibrillators (AEDs) with readily visible "Stop the Bleed" signs.



To ensure residents, employees, and visitors of Howard County are knowledgeable of these Bleeding Control kits and how to effectively "Stop the Bleed" on someone in need, we are offering **FREE** Basics of Bleeding Control classes.

Do you belong to a group or organization?

We'll come to you!

This is a non-certification class.

HOWARD COUNTY DEPARTMENT OF FIRE AND RESCUE SERVICES

Phone: 410-313-2016

E-mail: outreach@hcdfrs.org

Website: www.hcdfrs.org/stopthebleed



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Howard County Department of Fire and Rescue Services

Presents



Why do I need to know this?

- Work related injuries
- Mass shootings
- Car crashes
- Bombings
- Home injuries

Your Safety First:

- Ensure your own safety.
 - * If you become injured you can not help the victim.
- Initiate care if the scene is safe.
 - * If your safety is threatened, remove yourself.
- Protect yourself from blood-borne infections.
 - * Wear gloves (if available), clean plastic bag or any type of clean barrier.

You're Protected:

The Good Samaritan Law-

An individual is not civilly liable for providing assistance or care to a victim at the scene of an emergency.

Primary Principles of Bleeding Control

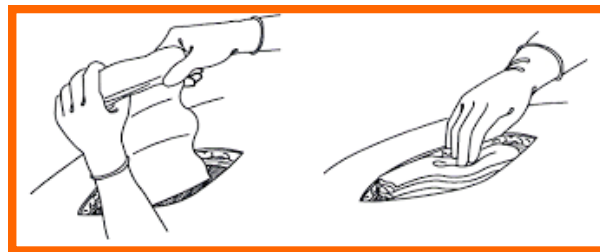
The **ABCs** of Bleeding Control

A—Alert—call 911

B—Bleeding—find the injury that is bleeding.

C—Compress—apply pressure to *Stop the Bleeding*

1. **Apply pressure** to the wound with a clean cloth by pushing directly on it with both hands; if bleeding continues...



2. **Pack** (fill) the wound with gauze or a clean cloth while applying pressure with both hands; if bleeding continues...

3. **Use a tourniquet**

Wounds that Lead to Bleeding Deaths

Arms and Legs:

- Most frequent cause of preventable death from injury.
- Bleeding from these wounds is controlled by direct pressure or tourniquet if needed.

Torso Junctional Wounds:

- Neck, shoulder, armpit, and groin.
- Bleeding is controlled by direct pressure and wound packing.
- Tourniquets should not be used.

Internal Chest and Abdomen (front & back)

- This bleeding **CANNOT** be stopped.
- Need rapid transport to trauma center.