Three Steps to Help Save a Life

■ GET TRAINED

The American Red Cross **First Aid for Severe Trauma**™ course is offered at no charge to students attending high school.

GET A KIT

Ask your school to purchase Red Cross bleeding control, first aid and training kits.

TAKE ACTION

If you see someone with life-threatening bleeding, tell someone to call 9-1-1, then follow the steps you learned in the **FAST**™ course.





What is Life-threatening Bleeding?

Blood flows continuously

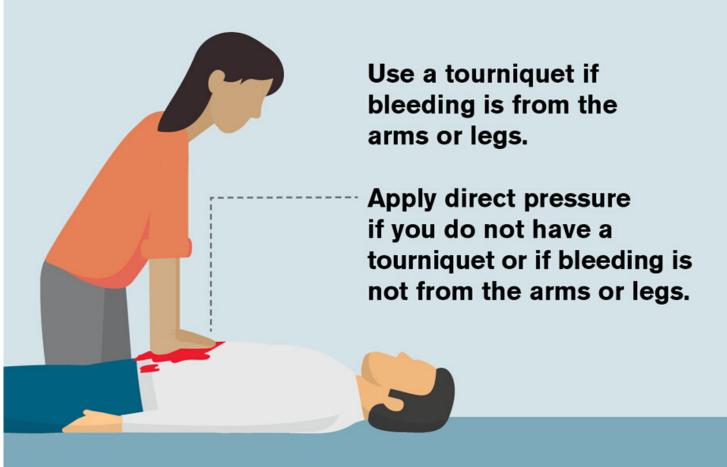
Blood is squirting

Blood equal to one-half can of soda on the ground

Blood is pooling



How to Treat Life-threatening Bleeding

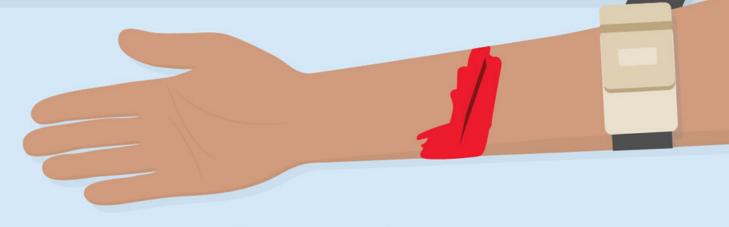




Tourniquets Save Lives

67% Decrease in battlefield deaths from severe bleeding

1,000+ U.S. military lives saved







5 minutes:

How quickly a person can die from blood loss

Control bleeding to increase survival odds

Be the Difference.



First Aid for Severe Trauma

Severe Trauma is a Public Health Issue

- 150,000+ deaths per year
- 4th leading cause of death overall
- Leading cause of death (up to age 45)



Injuries by the Numbers

- Nearly 2.8 million hospitalizations annually
- Injuries cause over 27 million people to go to emergency departments annually
- More than 3 million non-fatal injuries per year

