



## Colorado EMS Primary Instructor Training Lesson Guide

---

**Session Title:** Bleeding Control

**Session Reference:**

**Time Required:** 10 minutes

**Materials:**

**References:** National D.O.T. E.M.T. Curriculum

**Prepared By:**

---

## **Preparation / Set:**

### **Attention / Motivation:**

Trauma is the leading cause of death in the United States for persons between the ages of 1 and 44. Understanding the mechanism of injury and relevant signs and symptoms and treatment of bleeding is of critical importance when dealing with the traumatized patient.



**Objectives:**

At the completion of this session, the student will be able to:

1. State methods of emergency medical care of external bleeding.

**Session Overview:**

- C Direct Pressure
  - C Elevation
  - C Splinting
  - C Pressure Points
  - C Tourniquets
-

Instructor Notes	Outline
	<ul style="list-style-type: none"><li>I. Bleeding Control<ul style="list-style-type: none"><li>A. Direct Pressure<ul style="list-style-type: none"><li>1. Controls 85 % - 90 % of all bleeding</li><li>2. Apply finger tip pressure directly to the site of bleeding</li></ul></li><li>B. Elevation<ul style="list-style-type: none"><li>1. May be used secondary to or in conjunction with direct pressure</li><li>2. Elevate above the level of the heart if possible</li></ul></li><li>C. Splinting<ul style="list-style-type: none"><li>1. Reduction of motion of bone ends will reduce the amount and aggravation of tissue damage and bleeding associated with a fracture</li><li>2. Splinting may allow prompt control of bleeding associated with a fracture</li><li>3. Splinting assists with providing pressure to the wound</li></ul></li><li>D. Pressure Points<ul style="list-style-type: none"><li>1. Pressure points may be used to control bleeding in the upper and lower extremities</li><li>2. Pressure points exist in the same places one would find a pulse</li><li>3. Locations<ul style="list-style-type: none"><li>a. Femoral Artery</li><li>b. Popliteal Artery</li><li>c. Brachial Artery</li></ul></li></ul></li><li>E. Tourniquet<ul style="list-style-type: none"><li>1. Use as a last resort to control bleeding of an amputated extremity or when all other methods of bleeding control have failed</li><li>2. Application of a tourniquet can cause permanent damage to nerves, muscles, and blood vessels resulting in the loss of an extremity</li></ul></li></ul></li></ul>

**Summary:**

**Review:**

- C Direct Pressure
- C Elevation
- C Splinting
- C Pressure Points
- C Tourniquets

**Re-motivation:**

**Evaluation**

Written test and/or quizzes.