

Why should you attend a Stop the Bleed course?

Uncontrolled bleeding (hemorrhage) is the number one cause of preventable death from trauma, and the Stop the Bleed course is designed for the public to learn basic and simple ways to save a life by stopping an injured person's bleeding. You can help save a life by knowing how to stop bleeding if someone, including you, has been injured.

What you will learn

You will learn the various ways to control bleeding, whether you only have your two hands to use or whether you have a full trauma first aid kit available to you.

Register for Stop the Bleed

In this course, you'll learn techniques for controlling bleeding including how to use dressings, tourniquets, and your hands.

The Bedford Fire Department and its paramedics will offer free Stop the Bleed courses to individuals and groups, organizations, and businesses in Bedford.

More Information About Stop the Bleed

BleedingControl.org and the Bleeding Control Course is an initiative of the American College of Surgeons and the Hartford Consensus and contains diagrams, news, videos, and other resources contributed by a variety of other private and nonprofit partners to help prepare you in the event you are witness to one of these unspeakable events. Our shared goal is to provide the community with a one-stop, online resource to credible information on bleeding control. We hope you will never need to use this information, but if you do, at least you will have the assurance that the information is credible and timely.

The History of First Aid

In conversation with a railway surgeon, Robert Wood Johnson sold the First Aid kits, contained in a tin box through Johnson and Johnson's 1888 catalog. Shortly afterward, the American Red Cross began to offer First Aid courses to preserve life; prevent illness or injury from becoming worse; relieve pain, if possible; promote recovery; and protect the unconscious.

Cardiopulmonary Resuscitation -- CPR - added another level of care possible in the community to ____ until professional help is on the scene. When portable Automated External Defibrillators become available in ____, they became part of the rescue effort and there are ____ of them distributed around Bedford buildings. Used in treading sudden cardiac arrest, an AED can send an electric shock to the heart to try to restore a normal rhythm.

Both First Aid and CPR remain in use, but current events - shootings and motor vehicle accidents - call for another level of rescue - a way to stop victims from bleeding out before help arrives.

"After an AR-15 style rifle bullet blasts a large cavity through soft tissue, blood pressure then pumps that cavity with blood, causing many victims of AR-15 shots to bleed out before rescue workers can reach them." 60 Minutes, November 4, 2018