Three Steps to Help Save a Life

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

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

3. 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

Use a tourniquet if bleeding is from the arms or legs.

Apply direct pressure if you do not have a tourniquet or if bleeding is not from the arms or legs.
Tourniquets Save Lives

67% Decrease in battlefield deaths from severe bleeding

1,000+ U.S. military lives saved

American Red Cross | First Aid for Severe Trauma
5 minutes:
How quickly a person can die from blood loss

Control bleeding to increase survival odds

Be the Difference.

American Red Cross | 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