



Trauma Center



Stop the Bleed

Stop the Bleed is a training course that includes a lecture and skill station. The aim of the course is to disseminate basic bleeding control techniques to as many people as possible so that in the event of a tragedy, immediate bystanders can save lives. This course takes about an hour to complete and Upstate's Trauma Center will provide it **free of charge**. There are 2 versions of the course including a train the trainer and a provider class. We can deliver either course or both depending on your needs.

Train the Trainer

In this version, members of Upstate's trauma team will train other people to be instructors of this course so they may then teach it. Once someone become an instructor, they will gain access to the free resources available to teach this course. This version takes about 1 hour and 30 minutes. To be eligible to be an instructor, individuals must have some medical training. This may include but is not limited to: physician, nurse, EMT, and first responder.

Provider Course

In this version, members of Upstate's trauma team will provide training to anyone who wishes to learn basic bleeding control. This course is composed of a lecture and skills station and is designed for people with no medical background. The skills are basic but critical to saving a life.

Whichever course you choose, we will come to you and teach you!

As part of this program, Upstate's Trauma Center has a limited number of walkkits available that will be provided free of charge to those interested in receiving this education. The walkkits include the materials needed for bleeding control. These materials are hemostatic gauze, gloves, combat tourniquets and markers. These are intended to be strategically placed for availability similar to the way an AED is available.

For more information on this program please visit:

<http://www.upstate.edu/surgery/healthcare/trauma/>

www.bleedingcontrol.org