



Emergencies occur every day, from car crashes and industrial events, to acts of violence.

This guide will help you create an affordable training kit, which can be used to practice skills needed to control or stop bleeding.



## Do It Yourself STOP THE BLEED KIT

The STOP THE BLEED® program is meant to prepare the public to save lives by raising awareness of basic actions to stop life-threatening bleeding following an emergency.

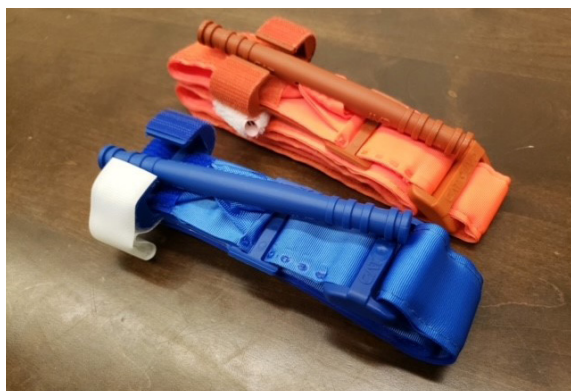
## ITEMS YOU'LL NEED

1. Workout foam roller or pool noodle
2. Cutting tool such as small knife or scissors
3. Absorbent material (cloth/shirt)
4. Ruler (provided below)



5. Tourniquets (affordable tourniquets can be found online)

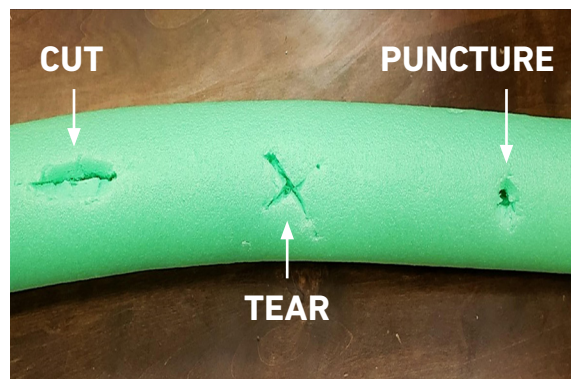
USE FOR TRAINING PURPOSES ONLY



## WOUND-PACKING LIMB

To create a wound-packing limb, follow these instructions for various types of wounds:

1. Place the foam roller/pool noodle on a sturdy surface
2. Cut an oval hole approximately 5-inches long by 3-inches wide into the foam roller/pool noodle (Cut)
3. Cut a 3-inch by 3-inch X-shaped hole into the foam roller/pool noodle (Tear)
4. Create a 2-inch diameter hole that goes at least 2-inches deep to practice packing injuries (Puncture)



## BANDAGES AND GAUZE

To create the gauze and bandages use the absorbent material and cut to the sizes below:

1. For the bandages cut cloth/shirt into strips about 2-4 inches wide and at least 10-12 inches long for participants to practice packing wounds



2. Cut the remaining material into 4-inch x 4-inch gauze that can be used by participants to practice applying pressure to injuries

