

Trauma
CenterDepartment of Surgery
Trauma and Acute Care

Stop the Bleed (STB) was created in 2013 by the American College of Surgeons, in collaboration with the medical community and representatives from the federal government, in response to the increasing frequency of active shooter mass casualties. It is a national awareness campaign and call for action, intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. This initiative also supports President Barack Obama's policy directive for national preparedness, which targets preparedness as a shared responsibility of the government, the private and nonprofit sectors, and individual citizens.

Given that we live in a world unfortunately plagued with everyday violence, encountering someone who is bleeding is a very real possibility. Because uncontrolled bleeding can result in death within five to ten minutes, immediate action provided by bystanders at the scene can save lives. Similar to the general public learning and performing CPR, the public can also save lives once equipped with the proper bleeding control techniques, including how to use their hands, dressings, and tourniquets.

We envision amplifying the STB effort in the Chicago area in a community-focused approach by offering education and training to the citizens of the South Side of Chicago through collaboration with community programs and partners. Our efforts are intended to engage and empower individuals and the community in life-threatening emergencies, as well as cultivate lasting relationships between the University of Chicago and the South Side community.

Our Mission Statement: *The UChicago Medicine Trauma Program cares for trauma patients and their families in our community, the South Side of Chicago and beyond. Our care is compassionate and extends from prevention to recovery. From our community foundation, we lead in discovery, education, and advocacy.*



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No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, so it's important to quickly stop the blood loss.

Remember to be aware of your surroundings and move yourself and the injured person to safety, if necessary.

Call 911.

Bystanders can take simple steps to keep the injured alive until appropriate medical care is available. Here are three actions that you can take to help save a life:

1. Apply Pressure with Hands
 EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with both hands if possible.

2. Apply Dressing and Press
 EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with bandages or clothing.

3. Apply Tourniquet(s)
 If the bleeding doesn't stop, place a tourniquet 2-3 inches closer to the torso from the bleeding. The tourniquet may be applied and secured over clothing.

PULL the strap through the buckle, **TWIST** the rod tightly, **CLIP and SECURE** the rod with the clasp or the Velcro strap.

If the bleeding still doesn't stop, place a second tourniquet closer to the torso from first tourniquet.

The 'Stop the Bleed' campaign was initiated by a federal interagency workgroup convened by the National Security Council Staff, The White House. The purpose of the campaign is to build national resilience by better preparing the public to save lives by raising awareness of basic actions to stop life threatening bleeding following everyday emergencies and man-made and natural disasters. Advances made by military medicine and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which exemplifies translation of knowledge back to the homeland to the benefit of the general public. The Department of the Defense owns the 'Stop the Bleed' logo and phrase - trademark pending.



Office of Health Affairs

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