

# Stop the Bleed/Lifesavers Toolkit

2023 New Mexico Recycling and Solid Waste Conference

Ken Ziegler

City of Albuquerque, Environmental Health Department



# Lifesaver Training

In 2019 all City of Albuquerque Employees were trained by Albuquerque Fire and Rescue to EMTs and Paramedics on the following techniques:

- Empower participants to save the lives of the wounded
- Obtain basic understanding of anatomy as it pertains to bleeding control
- Be able to identify life threatening injuries
- Understand and apply basic bleeding control measures
- Understand and apply basic airway and breathing techniques
- Be able to recognize and prevent hypothermia
- Save their own life using their new knowledge
- Understand and perform hands only CPR
- Understand and use an AED
- Be able to recognize an opioid overdose and administer the antidote



# Why teach these skills?

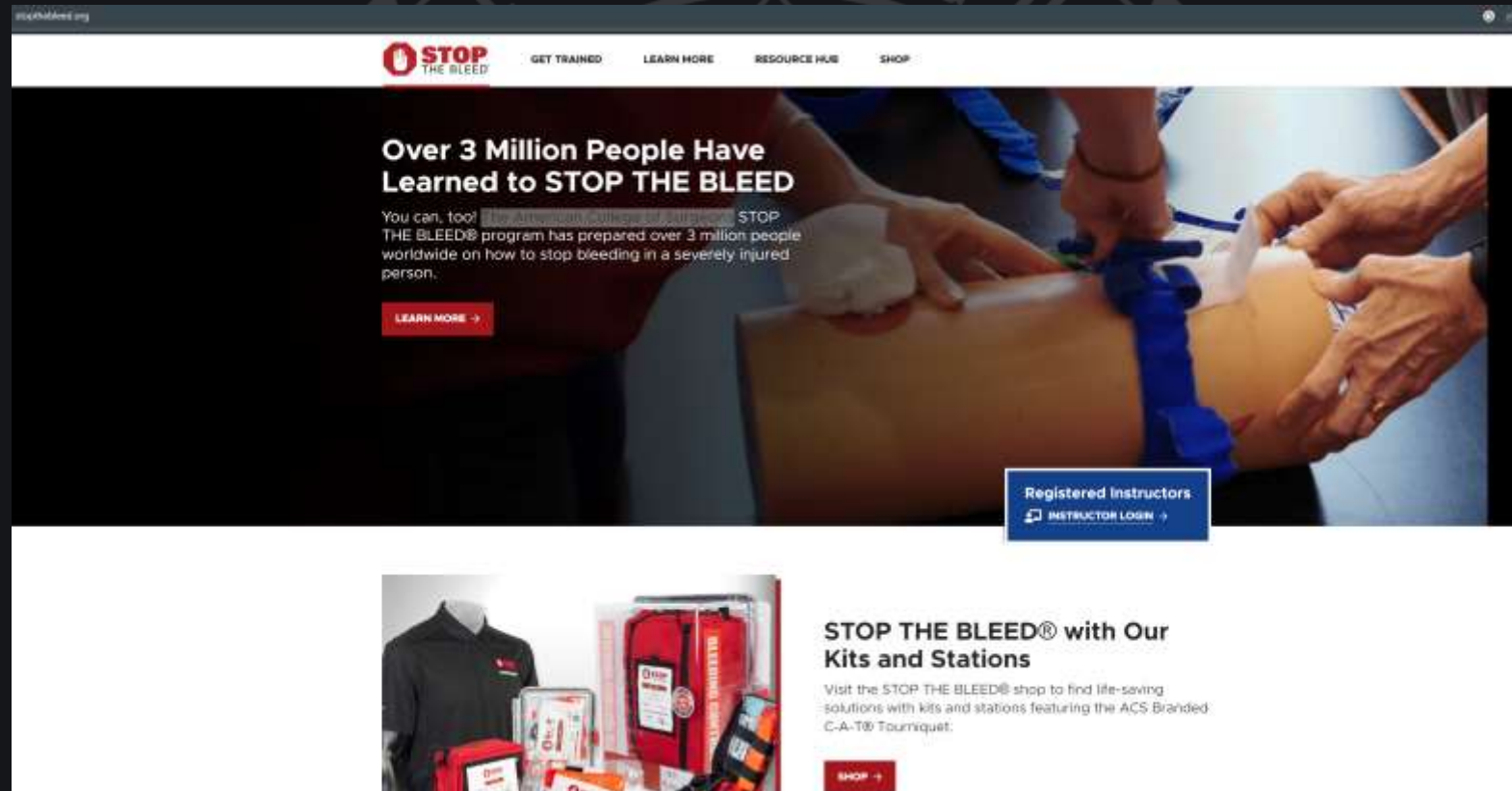
- Uncontrolled bleeding is a major cause of preventable death.
- The average time to bleed out from a major artery is 2-5 minutes.
- Sudden cardiac arrest is a leading cause of death, effecting more than 420,000 people annually outside of the hospital in the US.
- 50% of these victims die before reaching the hospital.
- Cardiac arrest survival rates dramatically increase with hands only CPR.

“Residents on the scene of an emergency the moment it occurs are truly the first responders. Training them in a variety of life saving techniques creates that crucial step in the chain of survival of a patient with a life-threatening hemorrhage, cardiac arrest, or overdose.” “Residents on the scene of an emergency the moment it occurs are truly the first responders. Training them in a variety of life saving techniques creates that crucial step in the chain of survival of a patient with a life-threatening hemorrhage, cardiac arrest, or overdose.”



# Similar trainings exist

- Stop the Bleed is a similar course created by The American College of Surgeons.
  - <https://www.stopthebleed.org/>



## Developing our kit

**Former Environmental Health employee now works for Albuquerque Fire and Rescue.**

- **Box of gloves** 1 each
- **Shears** 1 pair
- **CAT Tourniquets** 2 each
- **Space blankets** 2 each
- **Compression bandages** 2 each
- **Quick Clot** 2 each
- **HyFin vent bandage** 2 each
- **Gauze Pads** 2 Each
- **Cloth surgical tape** 2 Each

























## FOIL MYLAR RESCUE BLANKET

- Primacare Rescue Blanket provides compact emergency protection in all weather conditions
- Made of durable insulation Mylar material
- Retains/reflects 90% of body heat
- Waterproof and weatherproof
- Size: 62" x 82"

Item # CB-6831



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## BLEEDING CONTROL INSTRUCTIONS

1

APPLY  
PRESSURE  
WITH  
HANDS



2

APPLY  
DRESSING  
AND  
PRESS



3

APPLY  
TOURNIQUET



WRAP

WIND

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# KIT





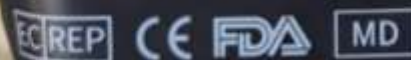


# BLEEDING CONTROL KIT



## CONTENTS

Hemostatic Gauze 4" x 1yd	1
Emergency Bandage 6"	1
Metal Tourniquet	1
Compressed Gauze	2
Emergency Blanket	1
Bandage Scissors	1
Nitrile Gloves	1 pair
Instruction Card	1



SUNGUO Europe B.V.  
Innovation Boulevard 522, Unit 1.7,  
Wijk aan Zee Capelle aan den IJssel, The Netherlands  
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Email: ec.rep@sungogroup.com

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## INSTRUCTION

### HEMOSTATIC GAUZE



Place gauze on wound and continue to apply pressure for 3 minutes or until bleeding stops.

### EMERGENCY BANDAGE



Wrap the wound with emergency bandage. Insert elastic band into pressure band. Secure with elastic band.

### TOURNIQUET



Route and band around the limb, and pass the tip through the gaps for the buckle. Position the tourniquet 2-3" above the wound site.

### COMPRESSED GAUZE



Place wound with gauze and apply firm, direct pressure.



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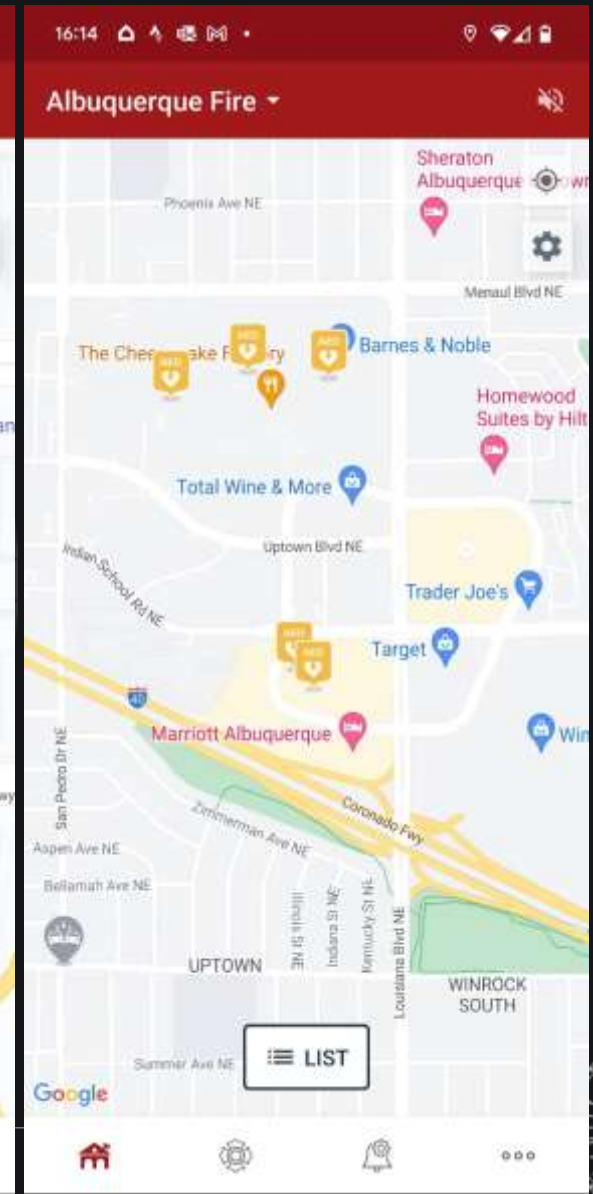
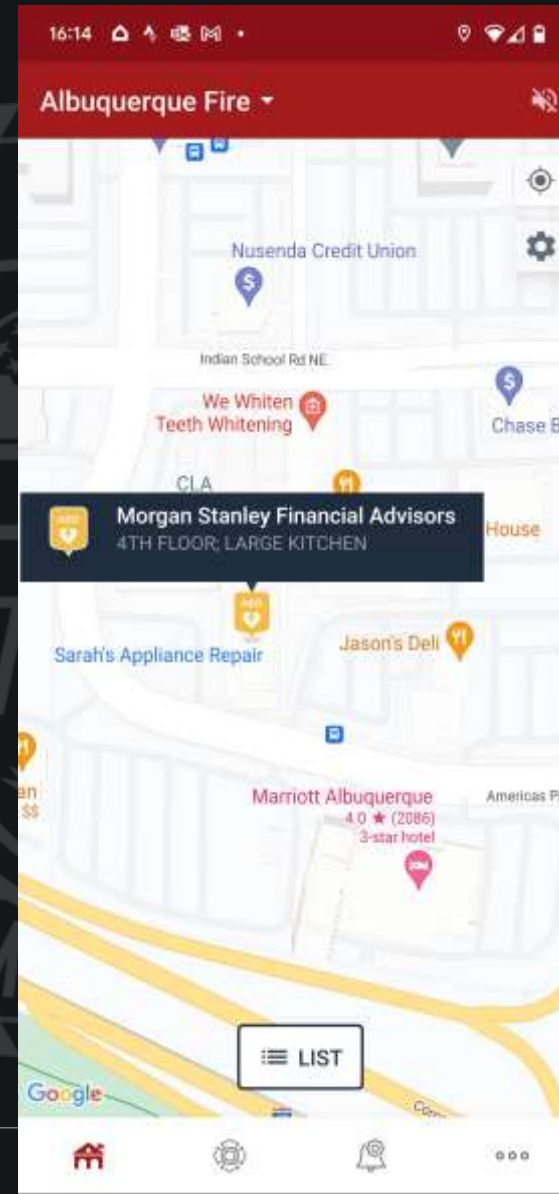
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# Additional Information

Other things to update the kit:

- NARCAN (Naloxone)
- Face Shield/Eye Protection
- Tyvek/Tychem suit
- Download the PulsePoint App to find nearby AEDs











# THANKS

For Watching

HAVE A  
QUESTION?

