

# STOP THE BLEED



A person can die from blood loss within five minutes, so it's important to quickly stop the bleeding. Bystanders can take simple steps to keep an injured person alive until the appropriate medical care is available.

**Call 911** and move yourself and the injured person to safety, if necessary.

**Here are three easy actions to help save a life:**



## EXPOSE

Remove clothing to find the source of the bleeding.



## PRESSURE

Apply firm, steady pressure to the bleeding site with bandages or clothing.  
Use bare hands if clothing or bandages are not available.



## TOURNIQUET

If the bleeding doesn't stop after several minutes of pressure, and there is a tourniquet available, place it 2-3 inches closer to the torso from the bleeding. The tourniquet may be applied and secured over clothing.  
If the bleeding still doesn't stop, place a second tourniquet closer to the torso from first tourniquet.

For more information visit [dhs.gov/stopthebleed](https://dhs.gov/stopthebleed)