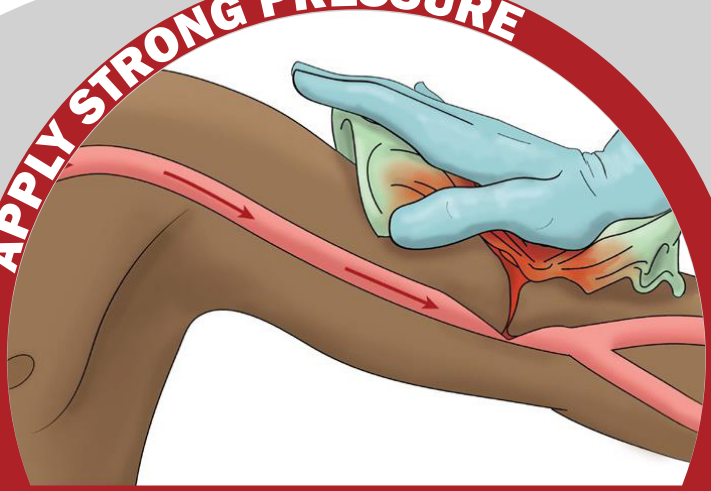
Stop the Bleed

LIFE THREATENING BLEEDING?

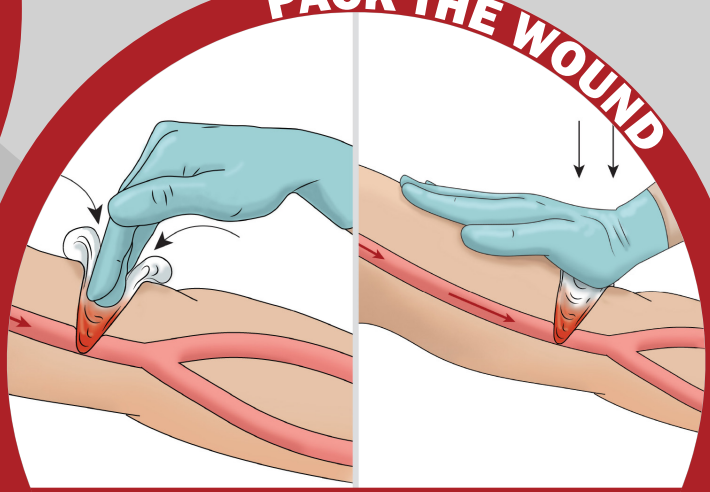
Pooling?
Spurting?
Gushing?

APPLY STRONG PRESSURE



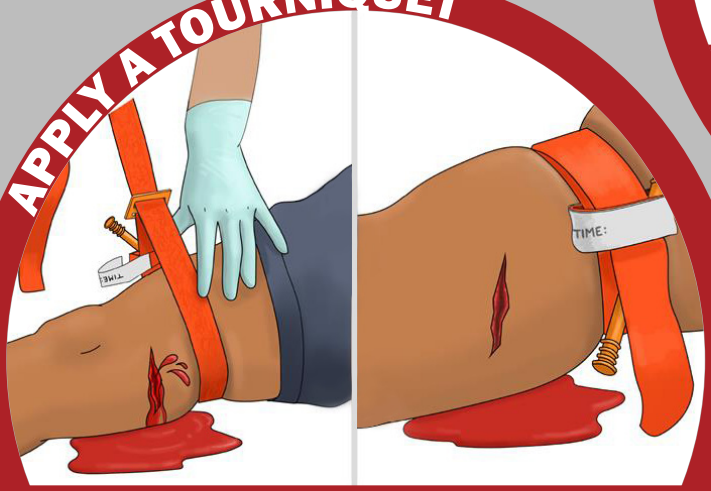
Bleeding stopped?
Hold pressure until help arrives

PACK THE WOUND



Apply and hold strong pressure on packed wound until help arrives

APPLY A TOURNIQUET



Do not remove tourniquet until help arrives

CALL 000
STOP THE BLEED

JAMIESON TRAUMA INSTITUTE

Learn more at **stb.metronorth.health.qld.gov.au**

Metro North Health | Queensland Government

*This work references and utilises materials from **The American College of Surgeons' Stop the Bleed** program*