



## **“STOP THE BLEED® INSTRUCTOR COURSE”**

### **MODULE I**

**Fundamentals and Safety (The “A” of Alert) This module establishes the context and ensures that the rescuer does not become a victim.**

- 1 Scene Safety: Risk assessment (fire, traffic, violence, electrical wires). If the scene is unsafe, the rescuer should not enter.
- 2 Activating the Emergency System: How to give an effective report to emergency services.
- 3 Personal Protection: Use of gloves and barriers. Importance of washing hands after contact with blood.
- 4 The concept of “Time is Life”: Explanation that a person can bleed to death in less than 5 minutes.

### **MODULE II**

**Identifying Hemorrhages (The “B” of Bleeding) The objective is for the student to be able to differentiate between “normal” bleeding and bleeding that requires immediate intervention.**

- 1 Visual Recognition: Pulsating bleeding from the wound. Bleeding that does not stop with conventional methods. Blood-soaked clothing. Pools of blood on the ground.

2 - Location: Searching for wounds hidden under clothing (especially in winter or tactical environments).

3 - Unconscious Victims: Identifying signs of shock due to blood loss.

### **MODULE III**

**Intervention and Techniques (The "C" of Compression) This is the technical core of the program. It is divided according to the body area and the available materials.**

1 - Direct Pressure: Use of hands and body weight on the wound.

2 - Wound Packing: Use of gauze (hemostatic vs. standard). Filling technique in "junction zones" (armpits, groin, neck).

3 - The Tourniquet (Master Technique): When to use it (only on extremities). "High and Tight" Placement vs. 5-8 cm above the wound. Importance of never removing it.

### **MODULE IV**

**Hands-on Practice (Skills Station) A STOP THE BLEED® instructor does not certify anyone who has not physically demonstrated the skills.**

1 - Tourniquet Station: Practice applying a tourniquet in less than 30 seconds (on oneself and a partner).

2 - Packing Station: Use of wound simulators (silicone cubes with cavities) to practice packing and maintaining pressure.

3 - Integrated Scenarios: Simulation of a real-life situation where the student must decide which technique to use based on the type of wound observed.

• **Instructor Summary Module Focus Objective**

- |   |                                    |
|---|------------------------------------|
| 1 - Mental Safety                                 | Protect yourself and alert others. |
| 2 - Visual Identification                         | Know what a real emergency is.     |
| 3 - Theor. & Prac. Tech.                          | "How" and the "With what."         |
| 4 - Physical Dexterity: Developing muscle memory. |                                    |

**END OF COURSE**