
Lesson Plan / Instructor Guide



Tourniquet & Trauma Kit (Stop the Bleed)

New Mexico Law Enforcement Academy Board
Annual In-Service Training Curriculum 2022

COURSE TITLE:

2022-2023 In-Service Tourniquet & Trauma Kit (Stop the Bleed)

TERMINAL LEARNING OBJECTIVE:

To refresh prior knowledge, skills and abilities in how to control a life-threatening bleed.

ENABLING LEARNING OBJECTIVES:

1. LOCATE AND IDENTIFY A MAJOR BLEED
2. STOP THE BLEED BY DIRECTOR PRESSURE, WOUND PACKING AND TOURNIQUET APPLICATION

INSTRUCTIONAL METHODS:

Discussion, lecture, practical application

HANDOUTS:

Lesson Plan

COURSE DURATION:

30 MINUTES

CURRICULUM REFERENCES:

Bleeding Control – Stop the Bleed Course

EQUIPMENT, PERSONNEL, AND SUPPLIES NEEDED:

Training equipment

TARGET AUDIENCE:

Certified Police Officers

INSTRUCTOR RATIO:

1:10

EVALUATION STRATEGY:

Demonstration of necessary skills

AUTHOR & ORIGINATION DATE:

REVISION / REVIEW DATE(S):

1/28/22

REVISED / REVIEWED BY:

NMLEAB

Course Content:

A. Introduction

The slide features the 'STOP THE BLEED' logo at the top, which consists of a red octagon with a white hand icon. Below the logo, the text 'STOP THE BLEED' is written in large, bold, red letters. Underneath, 'THE BLEED' is written in smaller, black letters. A red banner with the text 'SAVE A LIFE' is positioned above a dark blue box containing the text 'STOP THE BLEED® Course' and 'American College of Surgeons'. At the bottom of the slide, there are several logos: 'STOP THE BLEED' (a circular logo with 'SAVE A LIFE' and 'STOP THE BLEED'), 'BLEEDINGCONTROL.ORG', 'STOPTHEBLEED.ORG', 'THE COMMITTEE ON TRAUMA' (with a red figure icon), and 'AMERICAN COLLEGE OF SURGEONS' (with the tagline 'Inspiring Quality. Highest Standards. Better Outcomes.' and '100-years'). Small text at the bottom reads 'Copyright © 2019 American College of Surgeons' and 'Version 2'. A note at the very bottom states 'STOP THE BLEED® is a registered trademark of the U.S. Department of Defense'.

The slide has a dark blue header with the text 'Why Do I Need This Training?'. The main content is on a light grey background with a red box containing the text 'The #1 cause of preventable death after injury is bleeding.' At the bottom, there is a footer with 'Stop the Bleed Course v. 2.0' on the left and 'Introduction | A-Alert | B-Bleeding | C-Compression |' on the right.


The slide has a dark blue header with the text 'Goals'. Below the header, there are two columns of text. The first column has a dark blue box with '1. Identify' and the text 'Recognize life-threatening bleeding' below it. The second column has a red box with '2. Stop the Bleed' and the text 'Take steps to STOP THE BLEEDING' below it. Underneath this, there is a list of three items: '✓ Pressure', '✓ Packing', and '✓ Tourniquets'. At the bottom, there is a footer with 'Stop the Bleed Course v. 2.0' on the left and 'Introduction | A-Alert | B-Bleeding | C-Compression |' on the right.

ABCs of Bleeding Control

A Alert 911

B Bleeding

C Compress



Stop the Bleed Course v. 2.0 Introduction | A-Alert | B-Bleeding | C-Compression |

ABCs of Bleeding Control

B Bleeding

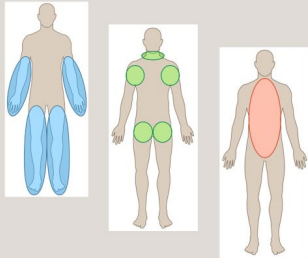
- Find source of **bleeding**
- Look for:
 - ✓ Continuous **bleeding**
 - ✓ Large-volume **bleeding**
 - ✓ Pooling of blood

Stop the Bleed Course v. 2.0 Introduction | A-Alert | B-Bleeding | C-Compression |

ABCs of Bleeding Control

B Bleeding

- Arms and legs
- Neck, armpits, and groin
- Body

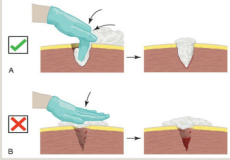


Stop the Bleed Course v. 2.0 Introduction | A-Alert | B-Bleeding | C-Compression |

ABCs of Bleeding Control

C Compress - Packing

- For large wounds, superficial pressure is not effective
- If **bleeding** is from a deep wound, pack gauze tightly into the wound until it stops the **bleeding**; hold pressure until help arrives

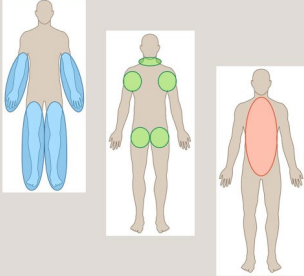


Stop the Bleed Course v. 2.0 Introduction | A-Alert | B-Bleeding | C-Compression |

ABCs of Bleeding Control

C Compress - Packing

- Arms and legs
- Neck, armpits, and groin
- Body



Stop the Bleed Course v. 2.0 Introduction | A-Alert | B-Bleeding | C-Compression |

ABCs of Bleeding Control




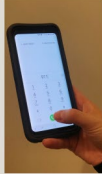
C Compress - Tourniquet

- Apply 2 to 3 inches above wound
- Do not place over the elbow or knee
- Tighten tourniquet until **bleeding** stops
- Do NOT remove the tourniquet

Stop the Bleed Course v. 2.0 Introduction | A-Alert | B-Bleeding | C-Compression |

Summary

- ✓ Personal safety
- A** Alert 911
- B** Find **bleeding**
- C** Compress with pressure and/or packing
- C** Compress with a tourniquet
- ✓ Wait for help to arrive



Stop the Bleed Course v.2.0

Introduction | A-Alert | B-Bleeding | C-Compression |

Practical Application:

Students should practice direct pressure and wound packing on a simulated maniquin.

Students should then practice the application of a tourniquet on another's arm and leg.

Students should then practice a self application on an arm and leg.

Students should then demonstrate the ability to apply a tourniquet to their strong arm in under 2 minutes.

COURSE AUDIT

PRIMARY INSTRUCTOR:

SECONDARY INSTRUCTOR:

SUPPORT STAFF:

DATE(S)/ TIME(S) OF INSTRUCTION:

LOCATION OF INSTRUCTION:

RECOMMENDED CURRICULUM CHANGES: Identify inaccurate information, outdated information, new information to be added to update material, etc. (Use additional pages if necessary)

ADDITIONAL INSTRUCTOR COMMENTS: (If any portion of the course content was not presented, indicate the specific content here)

Alternative curriculum was taught.

Accreditation number of alternative curriculum:

SIGNATURE

DATE

Primary Instructor

Reviewed by Program Coordinator

Reviewed by

Reviewed by Director/Chief or Designee