



## DEPARTMENT OF HEALTH

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**FOR IMMEDIATE RELEASE**

May 9, 2019

19-033

### **Stop the Bleed Day event prepares community for life-threatening emergencies**

HONOLULU — The Hawai'i Department of Health (DOH) Emergency Medical Services and Injury Prevention System Branch invites professionals and community members to Stop the Bleed Day on Wednesday, May 15 from 9 a.m. – 1 p.m. at the John A. Burns School of Medicine, Main Courtyard. Participants will learn how to make a difference in life-threatening emergencies by knowing the basic techniques of bleeding control.

Similar to how the general public learns and performs CPR, the public must learn proper bleeding control techniques, including how to use their hands, dressings, and tourniquets. Serious bleeding from a traumatic or violent event or accident where a response may be delayed can be fatal. Victims can quickly die from uncontrolled bleeding, within as little as five to 10 minutes.

Anyone at a trauma scene can act as an immediate responder and save lives if they know what to do. May is our nation's first ever National Stop the Bleed Month and events across the country will teach bleeding control techniques to the general public and empower them with the skills and knowledge to respond to emergencies and save lives.

"Accidents can happen anywhere and be scary for us all," said Tiffany Lightfoot, State Trauma Program coordinator. "Knowing simple steps to control bleeding can save a life, so please join the members of our trauma 'ohana from across the state to celebrate Stop the Bleed in Hawai'i and learn how we can work together to make our communities safer."

For more information about nationwide efforts during Stop the Bleed Month in May, and for a one-stop, online resource to credible information on bleeding control go to

[www.bleedingcontrol.org](http://www.bleedingcontrol.org). The website is an initiative of the American College of Surgeons and the Hartford Consensus and contains diagrams, news, videos, and other resources contributed by a variety of private and nonprofit partners.

The Hawai'i Department of Health's EMS & Injury Prevention System Branch collaborates with partners across the state to address the leading causes of injury that include: drowning prevention, fall prevention, poisoning prevention, suicide prevention, traffic safety, and violence and abuse prevention. For more information on these programs go to [health.hawaii.gov/injuryprevention/](http://health.hawaii.gov/injuryprevention/).

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