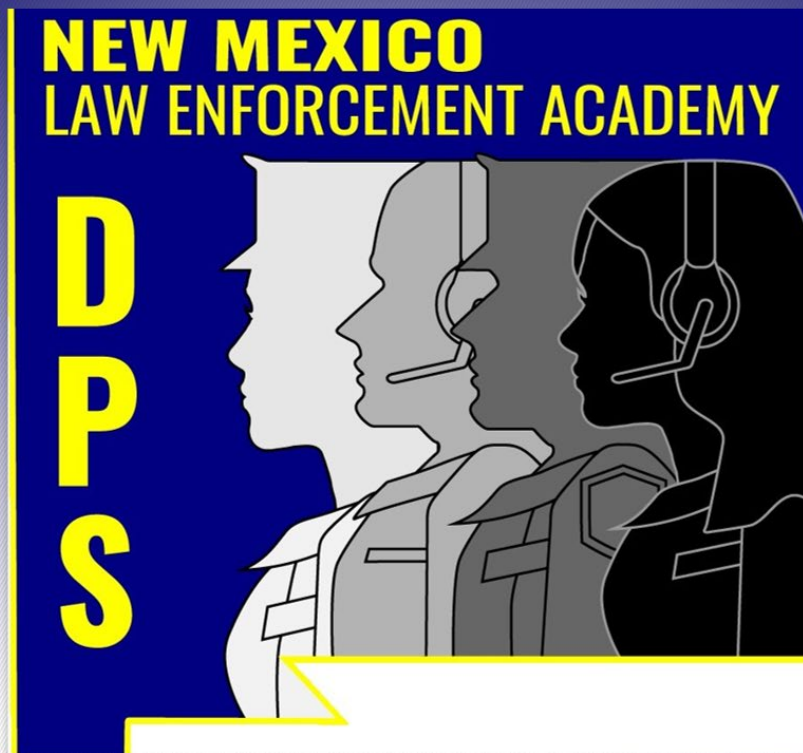


Lesson Plan / Instructor Guide



Tourniquet & Trauma Kit (Stop the Bleed (NM240015)

New Mexico Law Enforcement Academy

Annual In-Service Training Curriculum 2024

COURSE TITLE:

2024-2025 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

STOP THE BLEED

SAVE A LIFE

STOP THE BLEED® Course
American College of Surgeons

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Why Do I Need This Training?

The #1 cause of preventable death after injury is bleeding.

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

Goals

1. Identify
Recognize life-threatening bleeding

2. Stop the Bleed
Take steps to STOP THE BLEEDING

- ✓ Pressure
- ✓ Packing
- ✓ Tourniquets


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

A **B** **C** **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 |

A **B** **C** **ABCs of Bleeding Control**

B Bleeding

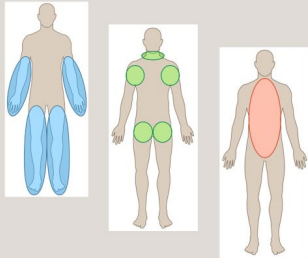
- Find source of **bleeding**
- Look for:
 - ✓ Continuous **bleeding**
 - ✓ Large-volume **bleeding**
 - ✓ Pooling of blood

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

A **B** **C** **ABCs of Bleeding Control**

B Bleeding

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

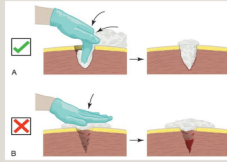


Stop the Bleed Course v. 2.0 Introduction | A-Alert | B-Bleeding | C-Compression |

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



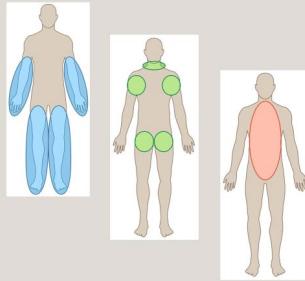
Stop the Bleed Course v. 2.0

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




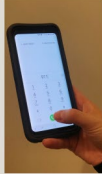
- Apply 2 to 3 inches above wound
- Do not place over the elbow or knee
- Tighten tourniquet until **bleeding** stops
- Do NOT remove the tourniquet

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