



Imagine a scenario where you come across a person lying on the ground in a pool of blood. Your first reaction could be fear, tension and anxiety. You freeze. Your emotions could be overwhelming. You look around to grasp the situation and the reason for injury. You ask yourself “My God, what can I do to help?” At the same time, you pull back with thoughts of legal implications, consequences of touching the blood and body part of another person and your own feeling of insecurity. However, you may be the one to save a life by your timely action at the scene of an accident or injury. Only if you knew what to do and how to do it.

This is no longer an imaginary scenario. Sad to say, injuries resulting from gunshots, accidents, suicides and falls have become all too common in America. Number one reason for death following injuries is blood loss. A certain amount of time is lost



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STOP THE BLEED

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between the occurrence of injury to performance of an operation in a hospital to control the bleeding. That time interval can be critical. It can be anywhere from half an hour to five hours depending upon the scenario. A person can bleed out during that period. If one loses over half of the blood volume, death is certain to happen.

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(CPR) that everyone should learn.

Currently most of us are afraid to touch an injured person, except may be, an immediate family member. Partly it is out of fear and ignorance. We fear the sight of blood. We are afraid of legality. We don’t want to disturb a crime scene. We are afraid of touching the blood or body fluids of another person. We don’t want to explain blood on our body to the police or law enforcement officers. We don’t know if we are causing more harm or not. We would rather call 911 and wait for a paramedic to arrive.

About 50 people die from gun violence everyday in USA. During Uvalde school shooting in Texas, 19 children and 2 teachers died while waiting for arrival of medical help. We know that many lives can be saved