

# CERT

## COMMUNITY EMERGENCY RESPONSE TEAM

### *BRECKSVILLE – BROADVIEW HEIGHTS*

### *OCTOBER 2017 MEETINGS*

#### I. General Meeting

Date: 10/18/2017 Time: 7 pm-8:20 pm

Location: Wallings Road Fire Station, Broadview Hts.

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#### A. Announcements

1. Drug Take Back—The next drug round-up will be on Saturday October 28<sup>th</sup>. Contact Melissa if you are able to help.
2. November meeting - holiday get together.

#### B. “Stop the Bleed” training – Dave Sirl (<https://www.dhs.gov/stopthebleed> )

- Dave Sirl is a member of the NOT system: Northern Ohio Trauma System. This program was developed by a variety of first responders, civilian and military input. The tragedies like Sandy Hook and the Boston Marathon were the impetus to develop this program.
- Training with this program began in January 2017.
- Our Brecksville Fire Department will have a tourniquet kit next to the AED in the training room.
- This method uses the ABC method:
  - A** lert 911
  - B** leeding- is it life-threatening?
  - C** ompress- with bandages
- Because of potential blood borne pathogens, please use gloves.
- Depending on where the wound is, stuff bandages, gauze or even fabric like from a shirt into the wound. If it bleeds through, add more on top of the wound and continue to compress.
- If you have a tourniquet, apply it 2-3 inches above the wound, but not on the elbow. Pull the strap to tighten it on the extremity. Twist the wand, lock in place and mark the time you applied it.
- Tourniquets work only on arms and legs. Wounds elsewhere must be treated with compression.
- Our team practiced with tourniquets.



<https://www.dhs.gov/stopthebleed>




No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, so it's important to quickly stop the blood loss.

Remember to be aware of your surroundings and move yourself and the injured person to safety, if necessary.


**Call 911.**

Bystanders can take simple steps to keep the injured alive until appropriate medical care is available. Here are three actions that you can take to help save a life:

**1. Apply Pressure with Hands**  
 EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with both hands if possible.




**2. Apply Dressing and Press**  
 EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with bandages or clothing.



**3. Apply Tourniquet(s)**  
 If the bleeding doesn't stop, place a tourniquet 2-3 inches closer to the torso from the bleeding. The tourniquet may be applied and secured over clothing.

**PULL** the strap through the buckle, **TWIST** the rod tightly, **CLIP** and **SECURE** the rod with the clasp or the Velcro strap.

If the bleeding still doesn't stop, place a **second tourniquet** closer to the torso from first tourniquet.



The Stop the Bleed campaign was initiated by a federal emergency campaign sponsored by the National Security Council (NSC), The White House. The success of the campaign is to be celebrated because it further prepared the public to respond to rising incidences of mass shootings to stop life threatening bleeding following major emergencies and mass events and other disasters. Assistance made by military employees and research in emergency control during the war in Afghanistan and Iraq have informed the work of this initiative which exemplifies cooperation of knowledge from the homeland to the benefit of the general public. The Department of the Defense owns the "Stop the Bleed" logo and phrases. All materials created.



Office of Health Affairs

As of now, the class is only offered face-to-face. If there are future on-line classes or other local training, you will be notified.

\$30 at <http://darkangelmedical.com/tourniquets/>

*Respectfully Submitted, Sae Schindler and Melissa Mathys*

Cc: N. Zamiska, J. Hajek, C. Jatsek, J. Winar, S. Morabito