

Agricultural Injury Preparedness: How to Stop the Bleed Until Help Arrives

Trainer Expertise: Knowledge in packing a wound, applying pressure to a wound and applying a tourniquet. Ability to discuss emergency response and preparedness.

Training Age Level: 14 and above. *Children can be legally employed in agriculture at age 14, making this important information for not only adult workers, but young workers as well.*

TRAINING PROCESS

Discuss scenarios that may lead to a severe bleeding situation:

- These could be identified by recent events in the news or traditional injuries experienced in agriculture.

It is recommended all those involved in the demonstration take the following online courses:

Both are free of charge.

- STOP THE BLEED® Interactive Course: <https://www.stopthebleed.org/training/online-course/> and
- Red Cross Stop the Bleed it's Time to Train program: <https://www.redcross.org/about-us/news-and-events/news/2022/stop-the-bleed-its-time-to-train.html>

Training Information:

Begin by discussing the ABC method for stopping blood loss:

- A - Alert!** Call 9-1-1. Open or remove clothing to clearly see the wound. Look for and identify "life threatening bleeding".
- B - Bleeding!** Find the source. Cover the wound with a clean cloth and apply pressure by pushing on it with both hands, **OR** use a tourniquet on arms and legs, **OR** Pack the wound with gauze or clean cloth and then apply pressure.
- C - Compress!** Apply pressure to the wound until help arrives. Using one of the wounded limbs, demonstrate how to apply pressure, pack a wound and apply a tourniquet.

Hands-on training:

- Each participant or group of participants should have a limb to work with.
- The trainer sets up an ag-related scenario. "Your friend was trying to dislodge some hay from the baler when he cut his forearm on one of the blades. He is losing a lot of blood and you are 20 minutes from town."
- Remind participants that they first must ensure that they are safe before assisting others.
- Ask them what they will do first. [A - alert call 911]
- Next. [B - bleeding]. Have each participant or group of participants take a wounded limb and gauze and demonstrate how they would apply pressure with both hands.
- After they have applied pressure inform them that the bleeding has not stopped.
- They then need to pack the wound and apply pressure.
- Depending on how many tourniquets you have available, tell that number of participants that the bleeding has not stopped, and they will need to apply a tourniquet. Instruct them through the proper use of a tourniquet. (https://www.dhs.gov/sites/default/files/publications/STB_Applying_Tourniquet_08-06-2018_0.pdf)
- Remind them:
 - Try to record the time that the tourniquet was applied.
 - Once Emergency Responders have arrived that they need to step away from the scene.
- And finally, C. [C - compress] Once a tourniquet is applied do not remove it. If only pressure is being applied, do not let up until emergency responders tell you to do so. Do not let up to see if the bleeding has stopped.

Final Notes:

- Provide your participants with a handout that summarizes what they have learned.

DEMONSTRATION MATERIALS

Materials	Description	Purchase	Cost	Comments
Pool Noodle	6 foot long	Online (Amazon) or local store in summer months	\$6	Hint: Use larger diameter pool noodles.
Cloth to cover pool noodle	Denim jeans, Denim jacket or other tough fabric	Thrift store	\$3-5	Child sized clothing works well, fitting snugly over pool noodle. Hint: take a section of the noodle with you when you shop.
4x4 gauze pads for packing the wound	4x4 gauze sponges	Drug Store	\$6	Hint: To save money, do not purchase sterile gauze.
Tourniquet	Red Cross suggests SOF Tactical Tourniquet	Drug store or online	\$30	Hint: When demonstrating use a quality tourniquet but discuss the range of costs and options as \$30 may be too much for some people to invest.
First Aid Kit	Demonstrate a good first aid kit that should be in every shop and farm truck.	Drug store or online	\$20-40	Hint: Show a good quality first aid kit but discuss how to create a low cost first aid kit.
Handouts	Describing the process that will be taught during the demo. Including where to buy tourniquets and first aid kits.	CS-CASH Resources Web Page	Cost of printing	

Optional Materials

Stage Blood	Used to make the wound look realistic.	At Halloween store or online.	\$3	
Athletic Tape	Used to make the wound look realistic.	Drug store or online	\$3	Hint: Lining the opening of the wound with athletic tape gives the stage blood something to stick to.
Other materials that can be used to make a tourniquet or pack a wound	Examples belt, shoestring, sturdy stick, screwdriver, pen, pencil, wrench, shirt, sock, shop towels, etc.	From home or sourced free of charge.	\$0	Hint: Show items that farmers and ranchers have in their trucks, shop or on their person.

Create a "wounded limb":

1. Cut a 6' pool noodle into 3 x 24" sections.
2. Cut the leg from a pair of jeans or the arm from a denim shirt to 26".
3. Slide the pool noodle into the leg or arm of child size shirt or denim jeans. If you use small clothes to cover the pool noodle the material will fit snugly, and you will not have to sew the seams to achieve a tight fit. If small clothes are not available, you can turn the clothing inside out and sew a seam that will allow the clothes to fit snugly on the noodle.
4. Cut a 1-2 inch slit through the cloth with scissors and then cut the same sized "wound" with a knife in the pool noodle underneath. Cut deep enough to allow the packing to stay in the "wound" when packed. Cutting through to the inner core works fine. *Optional: Apply athletic tape and stage blood with a toothbrush to the area surrounding the wound site, on the material and inside the wound.*

