



REGIONAL TRAININGS

STOP THE BLEED TRAINING

Uncontrolled bleeding is the number one cause of preventable death from trauma. This two-hour course will focus on bleeding control for gunshots, stab wounds, and other penetration-type injuries. Attendees will practice with tourniquets, learn how to pack wounds, and apply compression bandages. Prior 1st-Aid or CPR experience is not necessary.

DATES & LOCATIONS

SEPTEMBER 4

Estes Park

Holiday Inn Estes Park
101 South Saint Vrain Avenue
Estes Park, CO 80517

SEPTEMBER 25

Durango

DoubleTree Durango
501 Camino Del Rio
Durango, CO 81301

OCTOBER 16

Glenwood Springs

Hotel Colorado
526 Pine Street
Glenwood Springs, CO 81601

OCTOBER 23

Castle Rock

Holiday Inn Express
610 Genoa Way
Castle Rock, CO 80109

REGISTRATION: 1:00 PM • TRAINING: 1:30 PM - 4:00 PM

To register, click on the location links above or email channac@cirsa.org.

Training is provided by the CIRSA Risk Control Department.

- The training is **FREE** for members, but there is limited space, so registration is required.

[STOP THE BLEED®](#) is the result of a collaborative effort led by the American College of Surgeons Committee on Trauma (ACS COT) to bring knowledge of bleeding control to the public.

After tourniquets and tourniquet training were widely adopted by the military, their use during the Iraq and Afghanistan conflicts was reviewed in 2012 and a clear survival benefit was identified. A follow-up study in 2014, led by the ACS COT EMS subcommittee, showed similar benefits related to tourniquet use amongst civilians and further introduced direct pressure and wound packing to the list of simple but effective skills that could be used to control active bleeding in an emergency situation. These findings would ultimately help establish the bystander as playing a critical role in saving lives due to severe bleeding.