

## **Stop The Bleed** *traumatic blood loss protocol*

As of January, 2026 **Stop the Bleed kits will be located in:**

- **Health office**
- Elementary office**
- **High School office**
- **AED box (next to the gymnasium)**
- **AED box at the ballfields / health office during the winter months**
- Ag building**
- School buses (4 + trip bus)**

### ***What is Life-Threatening External Bleeding?***

*External bleeding is bleeding that is visible on the outside of the body. Volume and flow are two ways to tell if bleeding is life-threatening. Volume is the amount of blood present. Think about a soda can. Bleeding may be life-threatening when the amount of blood present is equal to about half of what a soda can contains. In a small child or infant, bleeding may be life-threatening when the amount of blood loss is even less. Flow is the movement of blood. Blood that is flowing continuously, or spurting, is a sign of life-threatening bleeding. To recognize life-threatening bleeding, look at the amount of blood, volume, and how the blood moves (flow).*

### ***Emergency Steps - What to Do if Someone is Bleeding***

**1**

*Check the scene safety, form an initial impression, obtain consent and put on PPE, as appropriate.*

---

## 2

*Check for signs and symptoms.*

- *Blood volume equal to about half a soda can (less in a small child or infant)\**
- *Blood flowing continuously or spurting\**
- *Signs and symptoms of shock\**

*\*Note: Signs and symptoms with a \* require immediate emergency medical treatment.*

---

## 3

*Call 9-1-1 and get equipment if the person requires immediate emergency medical treatment.*

---

## 4

*Give Care.*

---

### **How to Stop Bleeding for External Injuries**

*Apply direct pressure to **wound**.*

*Apply direct pressure and a **tourniquet** (if trained) for life-threatening bleeding on a limb.*

*Use wound packing (if trained) for life-threatening bleeding from the scalp, neck, shoulder, groin, and back or from a limb if no tourniquet is available.*

*Continue checking them as appropriate to determine if additional care is needed.*

*Keep them from getting cold or overheated.*

*Give care for shock, if necessary.*

*Stay with them until EMS arrives.*

*Position the person as appropriate.*

*Reassure them you will help and that EMS has been called.*

*Watch for changes in condition, including breathing and responsiveness, and give care as appropriate and trained.*

## **Applying Direct Pressure to Control Bleeding**

*Find the source of the bleeding.*

*Place dressing on wound. Use a hemostatic dressing, if available.*

*Apply steady, firm pressure directly over wound. Make sure the injured body part is on a firm, flat surface.*

*Hold direct pressure until bleeding stops or a tourniquet is available.*

*If bleeding stops before EMS arrive*

*Check circulation beyond injury.*

*Apply a roller bandage over the dressing and secure it firmly.*

*Re-check. circulation beyond the injury.*

*Monitor for re-bleeding. If bleeding recurs:*

*Do not apply an additional dressing or bandage.*

*Remove bandage and leave only the single dressing on wound in place.*

*Apply direct manual pressure.*

## **Life-Threatening Bleeding FAQs**

***How long should I apply direct pressure for life-threatening bleeding?***

*Hold direct pressure until:*

- *The bleeding stops.*
- ***A tourniquet is applied** (for life-threatening bleeding from an arm or leg) and bleeding has stopped.*
- *Another person relieves you.*
- *You are too exhausted to continue.*

- *The situation becomes unsafe.*

***What if blood soaks through the original dressing while I'm applying direct pressure to the wound?***

*If blood soaks through the original gauze pad, you do not need to do anything, but you can put another gauze pad on top. Replace the new gauze pad as necessary if blood soaks through the pads. Do not remove the original gauze pad and do not stack multiple gauze pads.*

***How do I check for circulation?***

*When checking for circulation, check the skin on the side of the injury farthest from the heart (e.g., the hand or foot) for temperature, color and feeling. Also ask the person if there is any numbness or tingling.*

***What do I do if the wound is from an embedded object?***

- *Do not attempt to remove it. Removing the object can make the bleeding much worse.*
- *Apply pressure around the object.*
- *Place several dressings around the object, then pack bulk dressings or roller bandages around it.*
- *Bandage the bulk dressings or roller bandages in place around the object and seek medical care.*
- *If you need to apply a tourniquet, apply above the embedded object.*

***The person looks pale and feels cold and dizzy. What does this mean?***

*This means the injured person could be in shock because there isn't enough blood flowing through the body. It can be life-threatening because it can lead to a heart attack or other organ damage very quickly.*

***What is shock?***

*Shock is a progressive, life-threatening condition in which the body does not get enough oxygen-rich blood often due to disturbed blood flow. As a result, organs and body systems begin to fail.*

*Signs and symptoms include:*

- *Rapid, weak heartbeat*
- *Rapid breathing*
- *Pale, gray, or cool moist skin*
- *Altered level of responsiveness*

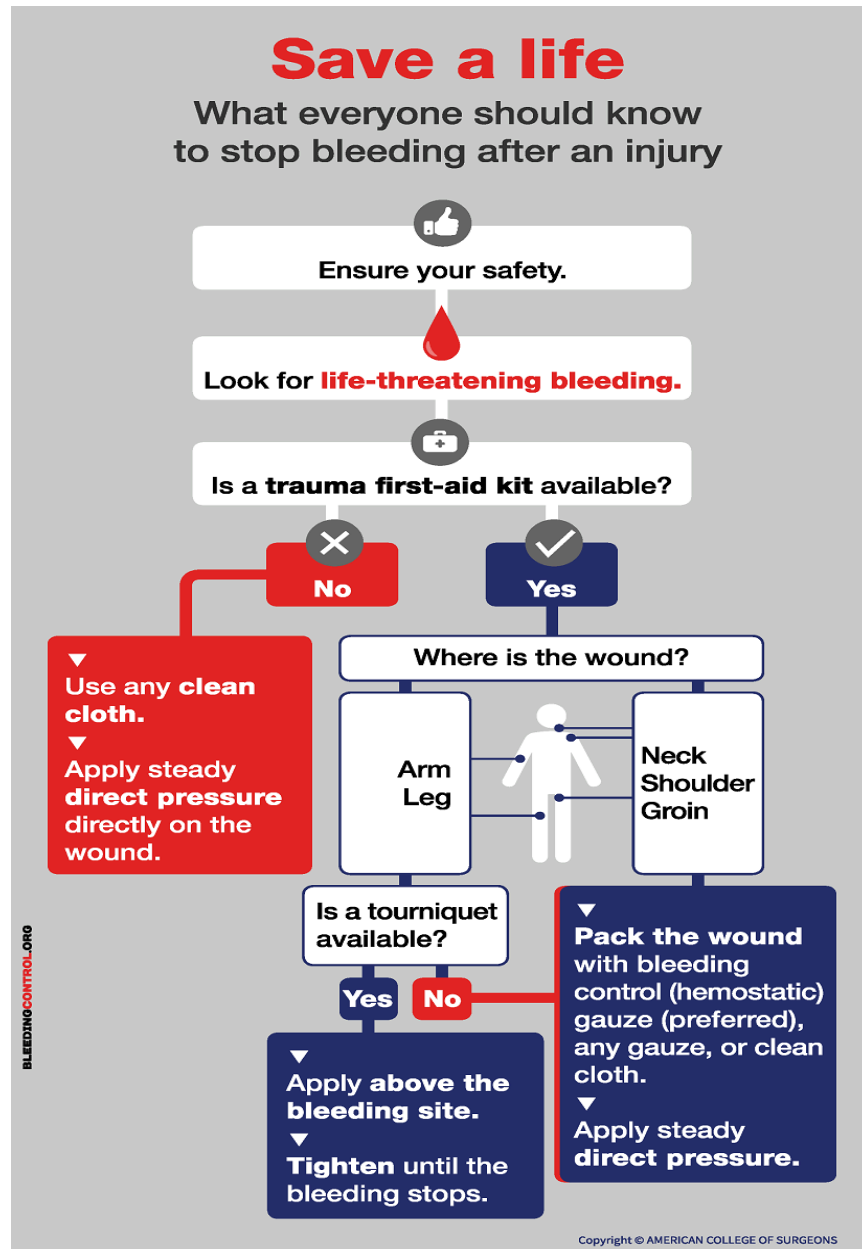
- *Excessive thirst*

***Should I worry about infection or catching something from the person's blood?***

*While the risk of an infection is low, it is best to not contact someone else's blood when possible. You can use latex-free disposable gloves, a plastic bag, or get them to use their own hand to put pressure on the wound.*

**Additional training presentation from the American College of Surgeons:**

<https://www.stopthebleed.org/media/omalhrif/lay-public-stop-the-bleed-presentation-pdf.pdf>



## Stop The Bleed

*traumatic blood loss continuing protocol*

1. Local Education Agencies (LEAs) are required by law (Section 160.485, RSMo) to implement a traumatic blood loss protocol before the end of the 2025-26 school year. The Department encourages LEAs to follow the protocols outlined by:

- The American Red Cross

[https://www.redcross.org/take-a-class/resources/learn-first-aid/bleeding-life-threatening-external?srsId=AfmBOopBrNsCA9dV\\_U1PS6AGIWd\\_JlvvNbEzwwNd3J8ISgc25psbEvIW](https://www.redcross.org/take-a-class/resources/learn-first-aid/bleeding-life-threatening-external?srsId=AfmBOopBrNsCA9dV_U1PS6AGIWd_JlvvNbEzwwNd3J8ISgc25psbEvIW))

- American College of Surgeons

<https://www.stopthebleed.org/media/omalhrif/lay-public-stop-the-bleed-presentation-pdf.pdf>)

2. As defined in Section 160.485, RSMo, a bleeding control kit is a first aid kit that contains at least the following items:

- Tourniquets that are:

- i. endorsed by the United States Department of Defense Committee on Tactical Combat Casualty Care or its successor entity; or

- ii. approved for use in battlefield trauma care by the Armed Forces of the United States

- Bleeding control bandages

- Latex-free protective gloves

- Permanent markers

- Instructional documents that are

- i. developed by the United States Department of Homeland Security's Stop the Bleed national awareness campaign;

- ii. the American College of Surgeons Committee on Trauma; or

- iii. both

In addition to required components of a bleeding control kit, the kit may include that

- are approved by emergency services personnel, as such term is defined in section [190.600](#)

- can adequately treat an injury resulting in traumatic blood loss

- are in quantities that can be stored in a readily available kit

Quantities of each item are to be determined by the LEA.

3. Bleeding control kits are to be placed in areas where there is likely to be high traffic or congregation of individuals. They should be placed in an easily accessible location determined by local emergency medical services personnel.

As of January, 2026 **Stop the Bleed kits will be located in:**

- **Health office**

- **Elementary office**

- **High School office**

- **AED box (next to the gymnasium)**

- **AED box at the ballfields / health office during the winter months**

- **Ag building**

- **School buses (4 + trip bus)**

4. Local education agencies are to designate an individual in each school building, either a school nurse or school health care provider to be trained in the appropriate use of the bleeding control kit.

- If no school nurse or school health care provider is available, the LEA must designate another member of the school staff who shall obtain appropriate training annually in the use of a bleeding control kit including, that includes but, is not limited to:

- i. The proper application of pressure to stop bleeding.

- ii. The proper application of dressings or bandages.

- iii. Additional pressure techniques to control bleeding.

- iv. The correct application of tourniquets.

- The training requirements shall be satisfied by successful completion and certification under the "STOP THE BLEED" course as promulgated by the American College of Surgeons Committee on Trauma or the American Red Cross.

- Training requirements allow for the participation in online instruction.

5. The department shall, in collaboration with the United States Department of Homeland Security and the state department of public safety, include requirements in the traumatic blood loss protocol for school personnel to receive annual training in the use of bleeding control kits.
6. LEAs are to include bleeding control kits in the emergency plans of each school district and charter school, including the presentation and use of the bleeding control kits in all drills and emergencies.
7. LEAs must conduct at least an annual inspection of the bleeding control kit to ensure that the materials, supplies, and equipment contained in the bleeding control kit have not expired and that any expired materials, supplies, and equipment are replaced as necessary. LEAs must restock the Bleeding Control Kit after each use and any materials, supplies, and equipment to ensure that the kit contains all required components.
8. LEAs must maintain information on the traumatic blood loss protocol and the Stop the Bleed national awareness campaign on the LEAs website.
9. Good Samaritan Immunity: School personnel who use a bleeding control kit in “good faith” are protected from civil liability for any act or omission, provided the action does not constitute gross negligence, or willful, wanton, or intentional misconduct.

<https://revisor.mo.gov/main/OneSection.aspx?section=160.485&bid=57272>