

Save lives and build resilience by empowering yourself and your family to stop life-threatening hemorrhage following unintentional injuries, crashes, acts of violence, or natural disasters.



LEARN HOW TO CONTROL & STOP BLEEDING!

Research has shown that bystanders, with a little focused training on critical skills, can become heroic lifesavers. Uncontrolled bleeding injuries can result from natural and manmade disasters and from everyday accidents. Providing bystanders with basic tools and information on the simple steps they can take in an emergency situation to stop life-threatening bleeding can save lives. Similar to the use of CPR or automatic defibrillators, improving public awareness about how to stop severe bleeding and expanding personal and public access to Bleeding Control Kits can be the difference between life and death for an injured person.

By completing the **STOP THE BLEED** program, you will learn to recognize and stop life-threatening bleeding. During this 2-hour community-based training, you will have the opportunity to learn lifesaving skills that will prepare you to take immediate actions in your home, workplace, or public that could save the life of yourself, a stranger, or someone you love. Participants will be provided an interactive lecture and engage in simulation training with realistic manikins to learn how to apply direct pressure, tourniquets, and wound packing.

OPERATION: Stop the Bleed RI is a statewide initiative to train 5000+ Rhode Islanders to act in an emergency. Funded through grants and donations, all OPERATION: Stop the Bleed RI instructors volunteer their time to build community resilience.



Hands Only CPR



When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby. According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival. Be the Difference for Someone You Love If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.

Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work or in public. Learn these basic and life-saving skills now!

Two Sessions Offered for West Greenwich Residents Only

**Dates & Times & Place: Louttit Library Community Room (limit 25 per session)
Wednesday, April 12th from 12 - 3 OR Wednesday, April 26th from 6 – 9 pm**

Free Program Presented by: The Town of West Greenwich and the Rhode Island Medical Reserve Corps

RSVP : Charlene at cgrandall@wgtownri.org