



Employee Safety

## Stop the Bleed Kits: First-Aid Training for Different Bleeding Types

Vanessa Jo Roberts | Feb 27, 2020

On most manufacturing floors, machinery, sharp objects and other risks make cuts and more dire bleeding injuries possible. We look at how to train more of your employees to be ready to help.

Are you ready to handle a traumatic bleeding injury at your facility? How about everyone on the safety team or your machinists?

At first glance, training multiple company employees to handle a bleed injury might seem extreme, but when a traumatic injury occurs and requires aid, the more trained help the better.

Here's why: The average time for someone to bleed out is just two to five minutes. Meanwhile, the average time for first responders to arrive on the scene is typically seven to 10 minutes, explains the *Stop the Bleed campaign*.

The ability of the safety team and trained employees to control traumatic bleeding can be the difference between life and death for an employee.

"No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene," points out the *Department of Homeland Security*, which supports the Stop the Bleed campaign. "A person who is bleeding can die from blood loss within five minutes, therefore it is important to quickly stop the blood loss. Those nearest to someone with life-threatening injuries are best positioned to provide first care."

### Why Stop the Bleed Kits Makes Sense in Manufacturing

Cuts and even amputations are a concern in machining, with the rate of amputations nearly twice that of any other private industry, according to the *Bureau of Labor Statistics*.

Given that, having multiple employees trained to manage injuries that involve bleeding makes logical sense. One approach is to borrow from the Stop the Bleed campaign. Originally developed to address the needs of schools to be prepared to respond to shooting incidents, its principles, training and use of *first-aid kits with tourniquets* port over well to manufacturing environments.

Read more about the contents of industrial first-aid kits.

## First-Aid Training: What are the Different Types of Bleeding?

Do you know the three types of bleeding, and how to respond to each?

Here's a *quick primer about bleeding types* and treatment as detailed by the American Red Cross.

**Arterial bleeding—life-threatening:** Often a wound to a major artery will lead to spurting, consistent with the beating of the heart. Blood loss will typically be rapid and require immediate and extreme pressure to control until medical help arrives.

**Venous bleeding—potentially life-threatening:** Veins carry as much blood as arteries but tend to ooze. Blood loss can still be significant and will likely require extreme pressure to control.

**Capillary bleeding—not life-threatening:** These little runners off of veins bleed during all wounds, but it might be just a "trickle," so a little direct pressure will usually stop the bleeding quickly.

The Occupational Safety and Health Administration's general industry first-aid standard, **29 CFR 1910.151(b)**, provides that "in the absence of an infirmary, clinic or hospital in near proximity to the workplace which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid. Adequate first aid supplies shall be readily available."

OSHA emphasizes that workplaces need to have plans in place to handle traumatic injuries and even uses a time element of less than four minutes as a parameter for having such staff on-site.

"In workplaces where serious accidents such as those involving falls, suffocation, electrocution or amputation are possible, emergency medical services must be available within three to four minutes, if there is no employee on the site who is trained to render first aid," the agency explains in a 2019 *standards interpretation letter on first aid for bleeding control*.

"While the standards do not prescribe a number of minutes," the letter continues, "OSHA has long interpreted the term 'near proximity' to mean that emergency care must be available within no more than three to four minutes from the workplace."

The letter, which specifically responds to a query about Stop the Bleed kits and possible updates to OSHA standards on bleeding controls, points out that it views its recommended time limits as maximums: "OSHA does not prohibit but encourages shorter response times when feasible." It also advises businesses to update first-aid training policies to keep them current.

*Compare different types of kits depending on your safety team's needs on MSCdirect.com.*



Kits like this one from Celox let safety teams integrate Stop the Bleed techniques into their emergency preparedness and first-aid programs.

## Find Stop the Bleed Training

There are multiple public and private organizations now designated to provide Stop the Bleed training.

- *American College of Surgeons*
- *The American Red Cross*
- *Federal Emergency Management Agency*
- *National Center for Disaster Medicine & Public Health*

What's more, there are opportunities to train as an instructor who can then manage a train-the-trainer program inside a company:

- *American College of Surgeons instructor training*
- *Red Cross instructor training*

## First-Aid Trend: Providing Stop the Bleed Kits and First-Aid Training in Public Buildings and Beyond

The *White House launched the Stop the Bleed campaign* in 2015. Multiple government, nonprofit and healthcare organizations now collaborate on the effort, making it one of the larger national public health campaigns. Increasingly, states are *legislating* that schools and public buildings provide Stop the Bleed kits and training.

For instance, Massachusetts approved a bill calling for kits in every public building in the state and for training employees to use them. And in Arkansas, the state has even begun training students in grades nine and up.

To drive participation, one of the aspects of the program is to ensure that the training is accessible to a wide audience and not a huge time commitment. Most programs are 90 minutes.

“While the catalyst for the Stop the Bleed initiative was mass shootings and terrorist attacks, the techniques and tools can be used in response to any everyday trauma to help patients control bleeding,” *says Dr. Matthew Levy*, associate professor of emergency medicine at the Johns Hopkins University School of Medicine.

*How does your safety team train the staff to manage traumatic injuries? Would a Stop the Bleed approach make workers feel safer on the job?*

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