

Mayo Clinic Minute

Stop the bleed, save a life

Video	Audio
21:09:27	“Oh my goodness!” “So much blood coming out. I just can’t get it to stop.”
	A sawing accident, a car crash or a gunshot wound; whatever the case, when the blood starts pouring, saving a life starts with stopping the bleed.
	And stopping the bleed comes down to A, B, C.
00:01:09	First, alert somebody. If you come upon a scene and see something, call 911. Yell out to somebody to get help.
21:09:32	“911, yes, we are at the corner of...”
00:01:28 Gwen Meyer, M.S.N., R.N. Adult and Pediatric Trauma Center Mayo Clinic	“Bleeding, so look for that bleeding source. Is there a lot of blood around the area? What are we looking at? Find the bleeding source.”
21:09:49	“Ok, let me take a peek here and find the... Oh, my goodness.”
00:01:43	“Thirdly is C. We’re going to compress that area, be it with a wound and dressing application or with tourniquet application.”
21:10:09	“We’re gonna go ahead and put a tourniquet on, cause you’re bleeding very bad, sir.”
	Mayo Clinic trauma nurse Gwen Meyer teaches courses on how to stop the bleed and says getting a tourniquet placed two inches above wounds on the limbs can be the difference between life and death.
	She says she’s seen too many cases end badly because people didn’t know what to do.

00:03:20	“They are very sad when you think of by a tourniquet application or somebody applying pressure directly to that wound their life could have been saved.”
	So just remember: A-alert, B-assess the bleeding and C-compress the wound.
	For the Mayo Clinic News Network, I’m Ian Roth.