***For Licensed Instructors:***

**STOP THE BLEED®: A Decade of Saving Lives**

To the Editor:

Traumatic injury remains a leading cause of death for individuals under 44 and a significant threat across all age groups. The Centers for Disease Control and Prevention reports that uncontrolled bleeding accounts for nearly 35% of prehospital trauma deaths and is the primary preventable cause of death among trauma patients. Someone can bleed out in just a few minutes, while it takes first responders 7 to 10 minutes. Bystanders can help someone until professional help arrives. The STOP THE BLEED® campaign was established to address this issue by teaching bystanders how to recognize and control life-threatening hemorrhage.

As a certified STOP THE BLEED® Instructor, I’ve seen firsthand how training ordinary people to recognize and control life-threatening bleeding saves lives. The STOP THE BLEED® program was created by the U.S. Department of Defense and is based on lessons learned on the battlefield—where rapid bleeding control has proven critical.

In the ten years since it began, STOP THE BLEED® has trained millions of people in 169 countries. The campaign’s goal is simple but powerful: to turn bystanders into immediate responders through accessible, hands-on training.

STOP THE BLEED®’s fundamental purpose is to transform ordinary people into immediate responders. Research confirms that hemorrhage control measures applied within five minutes of injury significantly improve survival outcomes. However, a 2021 survey revealed that fewer than 30% of Americans feel confident controlling serious bleeding. This gap underscores the need to expand STOP THE BLEED® training in workplaces, schools, and communities.

May is STOP THE BLEED® Month, during which people are encouraged to be trained. The annual [STOP THE BLEED® Day](https://stopthebleedproject.org/stop-the-bleed-day/) takes place on May 22, 2025 during EMS Week. Its purpose is to increase awareness of the campaign through a wide variety of activities designed to engage both members of the public as well as community organizations.

I urge everyone—individuals, civic groups, businesses, and public institutions—to take part in this campaign. Learning how to stop bleeding is simple, fast, and lifesaving. Together, we can build a more prepared, resilient community.

Together, we can save more lives.

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STOP THE BLEED® Instructor