**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.

STOP THE BLEED® is designed to train and equip the public to be able to treat traumatic injuries involving severe bleeding until first responders arrive. It is based on lessons learned by the DoD during the wars in Iraq and Afghanistan on how best to control severe bleeding. After launching in the U.S. ten years ago, it has expanded to 169 countries. STOP THE BLEED® is an official program of the U.S. Department of Defense.

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.

These are calls to action both for members of the public and organizations of all types: civic, faith-based, companies, and government units, to spend some time to be prepared for a life-threatening bleeding emergency and to build community resilience.

Together, we can save more lives.

Dr. Matthew Levy is the Board Chair of the Stop the Bleed Coalition and heads the STOP THE BLEED® Educational Consortium.

The Stop the Bleed Coalition is a non-profit organization formed to support and scale the STOP THE BLEED® campaign. It operates under contract with the U.S. Department of Defense.