



Life-threatening Bleeding: How to Save a Life

How do you help someone with uncontrolled bleeding?

Introducing **First Aid for Severe Trauma™ (FAST™)**, an American Red Cross training program on severe injuries, which provides education in how to:

- Recognize a life-threatening bleeding emergency.
- Ensure safety and communicate effectively.
- Apply direct pressure and when/how to use a tourniquet.

FAST was developed in collaboration with the National Center for Disaster Medicine and Public Health with support from a Department of Homeland Security Science and Technology Directorate grant. The **FAST** course and digital materials will be offered at no charge to high school students under the age of 19, thanks to the grant.

Visit redcross.org/FAST
for more information.

First Aid for Severe Trauma
Be the difference.



**American
Red Cross**

First Aid for
Severe Trauma

