



# Be The Difference

**Do you know how to respond to life-threatening bleeding?**

Learn from American Red Cross experts about **First Aid for Severe Trauma™ (FAST™)**—a Red Cross training program on responding to severe injuries.

- Recognize and stop a life-threatening bleeding emergency
- Safeguard rescuers and the trauma victim
- Communicate effectively during an emergency
- Safely position the trauma victim
- Learn how to apply direct pressure and when/how to use a tourniquet

The **FAST** course and digital materials will be offered at no charge to high school students under the age of 19, thanks to a grant from the Department of Homeland Security Science and Technology Directorate.

**Visit [redcross.org/FAST](https://redcross.org/FAST) for more information.**



**American  
Red Cross**

First Aid for  
Severe Trauma



**STOP  
THE BLEED**