

Stop the Bleed



Stop the Bleed is a national awareness campaign and call-to-action. Stop the Bleed is intended to cultivate grassroots efforts that



encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

We received training in this program by Dr. Dustin Calhoun, with UC Health.

The combination classroom & hands-on training is comprised of determining when it is appropriate to apply a tourniquet for bleeding, how to apply the tourniquet and how to perform wound packing.



- 360,000 people experience cardiac arrest outside a hospital each year
- Fewer than 10% survive
- In some cases, it can take up to 10 minutes for EMS to arrive
- Survival rate decreases 7% - 10% for each minute without CPR
- This program was developed by Take Heart Austin and was brought to us by UC Health and their Take 10 CPR* Director, Dr. Jason McMullen
- Focus of the program:
 1. Check for breathing
 2. Call 911
 3. Compress hard and fast in the center of the chest

We are combining these two trainings into one class that will last around 70 minutes. The Fairfield Fire Department will offer classes on the 1st and 3rd Saturday of each month. The first class will be at 9 AM and the second class will start at 10:30 AM.

Minimum attendance for the class to be held is 5 people and the maximum we will allow into the class is 16 people. If we have fewer than (5) sign up, we reserve the right to reschedule the class.

To enroll in the class, please call the Fairfield Fire Department at 867-5379.

Classes will be held at Fairfield Fire Headquarters, 375 Nilles Road, in the meeting room.

*certificates are not issued for this class