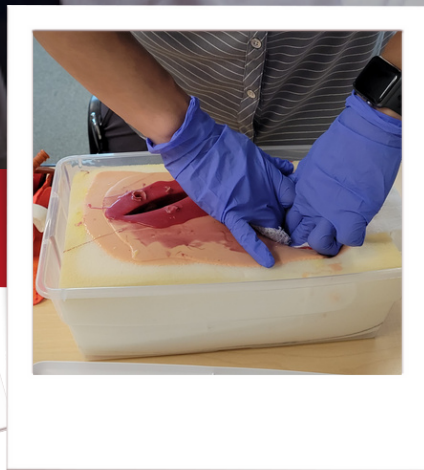




**Free
Class!**



**Certificate
Course**

What: Stop the Bleed is an **American College of Surgeons** initiative to train civilians to be **immediate responders** by learning the basics of **controlling life-threatening bleeding**.

How: **Free** one hour training to provide knowledge and experience in two critical techniques; **Tourniquet use & wound packing**.

Why: Extensive **hemorrhage kills within minutes** and first responders may not get to the scene in time. An hour **today** can save a life **tomorrow**.

Average time
to bleed out



Average time
for 1st responders
to arrive



Where & When: **Providence Regional Medical Center Everett**, third Thursday of the month or a community venue near you. . *Location and times may vary, check PRMCE website for current offerings, search keyword "Stop the Bleed."

For additional questions, please contact:

Sarah Brouwer
Providence Hospital Trauma Program
Injury Prevention Coordinator/Community
Health Educator
sarah.brouwer@providence.org



<https://www.stopthebleed.org/>

Or



PRMCE Classes and Events



Trauma Program

