

**Stand Alone 6 – First Aid**  
*Session 3 – Bleeding Control and Treating for Shock*  
*LD 34 – First Aid*

**Date Revised:** 11/19/19

**Course Goal:** To teach recruit officers how to provide first aid and CPR. Utilize CAPRA

**Session Goal:** To teach recruit officers the knowledge and skills necessary to control bleeding and treat for shock. [34.III.I], [34.III.M]

**Learning Objectives:**

- Discuss bleeding control techniques to include: [34.III.I]
  - Direct pressure / pressure dressings [34.III.I.1]
  - Tourniquet [34.III.I.2]
  - Types of hemostatic dressings and packing the wound [34.III.I.3]
- Demonstrate the general guidelines for controlling bleeding from an open wound [34.III.J]
- Recognize the first aid treatment for traumatic injuries including: [34.III.K]
  - Impaled objects [34.III.K.1]
  - Amputations [34.III.K.2]
- Recognize the signs and symptoms of shock [34.III.L]
- Discuss first aid measures to treat shock including the importance of maintaining normal body temperature [34.III.M]
- Demonstrate first aid measures to treat shock [34.III.N]
  
- Recognize that large or deep wounds can lead to uncontrolled bleeding, which can lead to shock and eventually death
- Discuss the techniques used to control bleeding with direct pressure [34.VIII.B.1], pressure bandages [34.VIII.B.2], tourniquet device [34.VIII.B.3], and hemostatic dressings/wound packing [34.VIII.B.4]
- Discuss how direct pressure is the most common and most effective [34.VIII.B.1]
- Discuss that a tourniquet should only be used for life threatening conditions [34.VIII.B.3]
- Demonstrate the use of chest seals and dressings [34.VIII.B.5]
  
- Recognize the signs and symptoms of shock. [34.III.L]
- Discuss the importance of using the cleanest material available
- Discuss exposing the injured site
- Discuss covering the entire injury site
- Discuss bandaging snugly but without impairing circulation
- Discuss leaving fingers and toes exposed if possible
- Discuss immobilizing injury site as necessary
  
- Recognize that shock is a life-threatening condition. If not immediately cared for, the victim can die.
- Discuss that all victims should be treated for shock. [34.III.M]
- Recognize even though the victim may be thirsty, do not give anything to drink. [34.III.N]

**Stand Alone 6 – First Aid**  
*Session 3 – Bleeding Control and Treating for Shock*  
 LD 34 – First Aid

**Required Learning Activity:** [34.VIII.B.1-5][34.VIII.E.1-6][34.VIII.D.1-3]

**Session Time:** 2 hours

| <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Classroom with tables</li> <li>• White board/Dry-erase markers</li> <li>• Video case studies – Bleeding Control YouTube playlist</li> <li>• Latex gloves</li> <li>• Training chest seals and tourniquets</li> <li>• Bandaging supplies</li> <li>• Pre-printed bandaging injuries handout</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Session Summary:</b> This session begins with a facilitated discussion of bleeding control, including direct pressure and tourniquets. The students will watch several video case studies showing the importance of bleeding control. The students will then participate in a learning activity to practice bleeding control techniques. Next is a facilitated discussion about treating for shock. Finally, the students will participate in a learning activity to practice treating for shock.</p>                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Outline                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Instructor Notes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p>I. Bleeding control and treating for shock [1]</p> <p>A. Bleeding control [2] [34.III.I]</p> <p>1. Direct pressure [3] [34.III.I.1]</p> <p>a. Most common and effective technique</p> <p>b. Should be used first before other bleeding control options [4]</p> <p>c. Use a clean dressing or pressure bandage</p> <p>1) A dressing is any material applied to a wound to control bleeding and prevent contamination</p> <p>2) A bandage is any material used to hold a dressing in place</p> <p>2. Tourniquet [5] [34.III.I.2]</p> <p>a. Use a device to close off all blood flow to and from a limb</p> <p>b. Should only be used for life-threatening conditions when direct pressure has failed [6]</p> <p>c. Can be made of any material wide enough (2 inches) [7]</p> <p>d. Apply close to the wound</p> | <p><b>[1] Show video case studies</b> – Bleeding Control - YouTube</p> <ul style="list-style-type: none"> <li>• What did the officers do well?</li> <li>• Is there anything you would do different?</li> <li>• Why is it important to know how to control bleeding and treat for shock?</li> </ul> <p><b>Facilitated discussion:</b></p> <p><b>[2] Ask</b> – How is bleeding control an integral part of basic life support?</p> <p><b>[3] Ask</b> – Describe how to control bleeding of victims’ wounds.</p> <p><b>[4] Ask</b> – What is the most common and effective bleeding control technique?</p> <ul style="list-style-type: none"> <li>• Why should direct pressure be used first before other bleeding control options?</li> </ul> <p><b>[5] Ask</b> – What is a tourniquet?</p> <ul style="list-style-type: none"> <li>• How does it work?</li> </ul> <p><b>[6] Ask</b> – What are important considerations when applying a tourniquet?</p> |

## Stand Alone 6 – First Aid

### Session 3 – Bleeding Control and Treating for Shock

#### LD 34 – First Aid

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1) Between the wound and the victim's heart</p> <p>2) Not over a joint</p> <p>e. Wrap tightly until bleeding is stopped</p> <p>f. Note the time the tourniquet is placed</p> <p>g. Self-application is the best option because a second officer is not removed from the tactical situation <b>[7.1]</b></p> <p>3. Hemostatic dressings and wound packing <b>[8][34.III.I.3]</b></p> <p>a. Gauze impregnated with a clotting agent can be used when tourniquets are ineffective or impractical.</p> <p>b. After locating the source of bleeding and applying direct pressure, maintain pressure gently wipe excess blood from the surrounding area to the wound.</p> <p>c. While continuing to maintain pressure, tightly pack dressing into the wound.</p> <p>d. Once the wound is packed, apply full direct pressure to the bandage for three minutes, then carefully release pressure to check for bleeding. Do not lift bandage to check.</p> <p>e. If bleeding continues, apply pressure for another three minutes.</p> <p>f. Tightly wrap bandage with a pressure dressing to secure it to the wound.</p> <p>g. Attach the packaging from the hemostatic dressing to the bandage, or to the victim's clothing, so that medical personnel will see what was used.</p> <p>4. Secondary bleeding control techniques</p> <p>a. Elevation</p> <p>b. Pressure points</p> <p>c. Direct pressure and/or tourniquet should be used as the primary bleeding control technique</p> <p>5. Open wounds <b>[34.III.J]</b></p> <p>a. Types of open wounds <b>[9]</b></p> <p>1) Abrasion</p> <p>2) Incision</p> <p>3) Laceration</p> <p>4) Puncture</p> <p>5) Avulsion</p> <p>6) Amputation</p> <p>b. Care for open wounds <b>[10]</b></p> | <p><b>[7] Ask</b> – What materials could you use as a tourniquet?</p> <p><b>[7.1] Ask</b> – Why is self-application of a tourniquet the best option?</p> <p><b>[8] Ask</b> – Other than direct pressure and a tourniquet, what is another way to control bleeding?</p> <p><b>Table top activity</b> (10 minutes) – Pass out one tourniquet per table and have the recruits examine it and safely applying it to themselves. Each recruit should have an opportunity to apply it at least 2 times</p> <p><b>[9] Discuss:</b> The differences in different types of open wounds.</p> <p><b>[10] Ask</b> – Does it matter what type of open wound a victim suffers?</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Stand Alone 6 – First Aid**

*Session 3 – Bleeding Control and Treating for Shock*

*LD 34 – First Aid*

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>1) Assessment<ul style="list-style-type: none"><li>a) Expose the injury site</li><li>b) Assess for possible fractures</li></ul></li><li>2) Immediate care <b>[11]</b><ul style="list-style-type: none"><li>a) Direct pressure</li><li>b) Apply a pressure bandage</li><li>c) Apply a tourniquet</li><li>d) Apply bandages snugly but not so tight as to impair circulation</li><li>e) Impaled objects <b>[34.III.K.1]</b><ul style="list-style-type: none"><li>(1) Do not attempt to remove any foreign object</li><li>(2) Control bleeding by applying pressure on both sides of the object</li><li>(3) Do not put pressure on the object itself</li><li>(4) Stabilize object in place by use of absorbent material</li></ul></li><li>f) If initial bandaging does not stop the blood flow <b>[12]</b><ul style="list-style-type: none"><li>(1) Add additional bandaging</li><li>(2) Do not remove initial bandaging</li></ul></li><li>g) Avulsions/amputations <b>[34.III.K.2]</b><ul style="list-style-type: none"><li>(1) Place partially separated skin or tissue back in proper position before applying dressing and bandage</li><li>(2) Attempt to locate any avulsed part or amputated extremity</li><li>(3) Keep separated part dry, cool, and protected</li><li>(4) Do not immerse, pack in ice, or freeze separated part or extremity</li><li>(5) Transport separated part with victim</li></ul></li></ul></li><li>3) Circulation<ul style="list-style-type: none"><li>a) Monitor pulse below injury site</li><li>b) Check capillary circulation<ul style="list-style-type: none"><li>(1) Pinch fingertips</li><li>(2) Color should return within 2 seconds</li></ul></li></ul></li></ul> | <p><b>[11] Ask</b> – Why is it important to care for open wounds?</p> <p><b>[12] Ask</b> – When caring for an open wound, what should you do if the initial bandaging does not stop the blood flow?</p> <p><b>Run learning activity</b> (15 minutes)<br/>[34.VIII.B.1-2] – <u>Bleeding Control</u></p> <p><b>Run learning activity</b> (20 minutes)<br/>[34.VIII.E.1-6] – <u>Bandaging</u></p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Stand Alone 6 – First Aid**

*Session 3 – Bleeding Control and Treating for Shock*

*LD 34 – First Aid*

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>c) If circulation is impaired, loosen bandage</p> <p>4) Continued care</p> <p>a) If necessary, immobilize the injury site</p> <p>b) Keep victim lying still</p> <p>c) Maintain pressure on the wound</p> <p>d) Monitor the victim</p> <p>e) Reassure the victim</p> <p>f) Treat for shock</p> <p><b>B. Shock [13]</b></p> <p>1. Shock is a life-threatening condition [14]</p> <p>2. Inadequate perfusion leads to shock</p> <p>3. Signs and symptoms [15] [34.III.L]</p> <p>a. Altered mental status</p> <p>b. Pale, cool moist skin</p> <p>c. Profuse sweating</p> <p>d. Thirst, nausea, vomiting</p> <p>1) Do not give anything to drink</p> <p>2) Fluids given orally may lead to vomiting</p> <p>e. Blue/grey lips, nail beds, tongue, ears (cyanosis)</p> <p>f. Dull eyes, dilated pupils</p> <p>g. Rapid, weak pulse</p> <p>h. Abnormal respiration rate</p> <p>i. Shallow, labored breathing</p> <p>4. All victims of traumatic or medical emergencies should be treated for shock upon initial contact</p> <p>5. Fainting</p> <p>a. Form of shock characterized by sudden unconsciousness</p> <p>b. Caused by dilation of blood vessels resulting in reduced flow of oxygenated blood to the brain</p> <p>6. Treatment [34.III.N]</p> <p>a. Control all external bleeding and treat other injuries</p> <p>b. Be alert for vomiting</p> <p>c. Maintain the victim's body temperature</p> <p>d. Place the victim in a position to help maintain blood flow [34.III.M]</p> <p>e. Reassure the victim</p> <p>f. Continue to monitor the victim and be prepared to help if necessary</p> <p>7. Positioning the victim [16]</p> | <p><b>Facilitated discussion:</b></p> <p><b>[13] Ask –</b> What is shock?</p> <p><b>[14] Ask –</b> Why is shock considered a life-threatening condition?</p> <p><b>[15] Ask –</b> How is treating for shock different than other medical emergencies?</p> <p>Seeking:</p> <ul style="list-style-type: none"><li>• Minor injuries can become life-threatening due to shock.</li><li>• Every injury also includes treating for shock.</li></ul> <p><b>[16] Ask –</b> In what position should you place a victim of shock?</p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Stand Alone 6 – First Aid**

*Session 3 – Bleeding Control and Treating for Shock*

*LD 34 – First Aid*

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>a. Spinal or head injuries<ul style="list-style-type: none"><li>1) Do not elevate the legs</li><li>2) Consider immobilizing the spine</li></ul></li><li>b. Stroke<ul style="list-style-type: none"><li>1) Elevate the victim’s head</li><li>2) Elevate the victim’s shoulders</li></ul></li><li>c. Difficulty breathing<ul style="list-style-type: none"><li>1) Place the victim in a semi-sitting position</li><li>2) A position of comfort</li></ul></li><li>d. Fracture of lower limb<ul style="list-style-type: none"><li>1) Do not elevate the legs</li><li>2) A position of comfort</li></ul></li><li>e. Any other injuries or conditions<ul style="list-style-type: none"><li>1) Place the victim in a supine position</li><li>2) Elevate the legs approximately 6-12 inches</li></ul></li></ul> | <p><b>Run learning activity</b> (15 minutes)<br/>[34.VIII.D.1-3] – <u>Treating for Shock</u></p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|

**Stand Alone 6 – First Aid**  
*Session 3 – Bleeding Control and Treating for Shock*  
*LD 34 – First Aid*

**Learning Activity – Bleeding Control**

**Purpose:** Peace officers may be required to provide basic life support for a victim, fellow officer, or themselves until additional medical services become available. Basic life support may include proper first aid techniques for controlling bleeding until emergency medical services arrive. This learning activity will reinforce the students' knowledge by allowing them to physically practice each technique while using personal protective equipment(PPE). [34.VIII.B.1-5]

**Description:** The instructor will begin by explaining the purpose and expectations. The instructor will break the class into groups of two. One member of the group will play the role of the victim; the other member of the group will play the role of the responding officer. Each group will role-play various bleeding control scenarios. For each scenario, the victim will advise the officer of the injury. The officer should put on PPE's, and initially attempt to control bleeding via direct pressure, and a pressure bandage. The victim will advise the officer whether direct pressure was sufficient. If direct pressure does not stop the bleeding, a tourniquet should be applied. The victim will oversee the technique, then advise the officer if the appropriate technique was used and whether it was performed correctly. The victim will advise the officer whether the tourniquet was sufficient. If the tourniquet did not stop the bleeding, a hemostatic dressing or gauze will be applied using proper wound packing techniques. If the wound requires a chest seal, the officer should use one of the training chest seals and a mannequin to practice. After the officer has demonstrated all techniques, roles should be reversed. Victims may sit in a chair or lie on the ground.

Each student will continue to go through scenarios until they have completed each of the following bleeding control techniques:

- Direct pressure [34.VIII.B.1]
- Pressure bandages [34.VIII.B.2]
- Tourniquet device [34.VIII.B.3]
- Hemostatic dressings/wound packing [34.VIII.B.4]
- Chest seals and dressings [34.VIII.B.5]

Since most peace officers do not carry medical supplies, they must utilize whatever is available at the scene. For direct pressure, first responders will simulate a dry, sterile bandage. For a tourniquet, officers can use their tactical tourniquet if issued, or their uniform belt and baton (either side handle or collapsible). When not participating in the activity, students should observe and make notes of questions or issues noticed during the scenario. Students will need to bring a baton to class.

**Resources needed:**

- Classroom with tables
- Training tourniquets
- Training chest seals

**Stand Alone 6 – First Aid**  
*Session 3 – Bleeding Control and Treating for Shock*  
*LD 34 – First Aid*

- Bandaging supplies

**Key learning points:**

- Large or deep wounds can lead to uncontrolled bleeding, which can lead to shock and eventually death
- The techniques used to control bleeding are direct pressure [**34.VIII.B.1**], pressure bandages [**34.VIII.B.2**], tourniquet device [**34.VIII.B.3**], and hemostatic dressings/wound packing [**34.VIII.B.4**]
- Direct pressure is the most common and most effective [**34.VIII.B.1**]
- A tourniquet should only be used for life threatening conditions [**34.VIII.B.3**]
- Chest seals and dressings [**34.VIII.B.5**]

**Time required:** 15 minutes



**Stand Alone 6 – First Aid**  
*Session 3 – Bleeding Control and Treating for Shock*  
*LD 34 – First Aid*

**Learning Activity – Bandaging**

**Purpose:** The student will participate in a learning activity that will demonstrate how to bandage different injuries while using PPE to minimize the dangers associated with infectious diseases and wash hands and disinfect equipment after providing treatment in accordance with proper bandaging principles. **[34.VIII.E.1-6]**

**Description:** The instructor will begin the activity by explaining the purpose and expectations. The instructor will break the class into groups of 4-6 students. The instructor will advise each group to designate a victim. The instructor will pass out the pre-printed injuries handout. Each group is responsible for bandaging two of the injuries from the list.

The students in the group will properly bandage the victim's injuries. The students should use only the space immediately around their table. The student may choose to bandage their victim on the table, in a chair or on the floor. When not participating in the bandaging, students should observe and make notes of questions or issues noticed during the scenario. Upon completion of the bandaging, each group will explain the injury and bandaging procedure they used.

**Resources needed:**

- Classroom with tables
- White board
- Dry erase marker(s)
- Box of bandaging supplies
- Pre-printed bandaging injuries handout

**Key learning points:**

- Caring for an open wound requires an initial assessment, actions to stop the bleeding and prevention of shock **[34.III.L]**
- Use the cleanest material available
- Expose the injury site
- Cover the entire injury site
- Bandage snugly but without impairing circulation
- Leave fingers and toes exposed, if possible
- Immobilize injury site as necessary

**Time required:** 20 minutes

**Stand Alone 6 – First Aid**  
*Session 3 – Bleeding Control and Treating for Shock*  
*LD 34 – First Aid*

**Learning Activity – Treating for Shock**

**Purpose:** Peace officers may be required to provide basic life support for a victim, fellow officer, or themselves until additional medical service become available. This may include treating a victim for shock until emergency medical services arrive. This learning activity will reinforce the students’ knowledge and give them an opportunity to physically practice these techniques. **[34.VIII.D.1-3]**

**Description:** The instructor will begin the activity by explaining the purpose and expectations. Next, the instructor will demonstrate the proper execution of treatment for each scenario that the students will practice. The instructor should write the scenario on the board for reference.

Each student in the group will play the role of the responding officer for the scenario, and the other students will rotate playing the role of the victim. The students not participating will direct and oversee the scenario, advising the officer of the victim’s objective symptoms and on the result of their treatment. The students should use only the space immediately around their table. The student may choose to perform the technique on the table or on the floor. When not participating in the scenario, students should observe and make notes of questions or issues noticed during the scenario. Each student should complete the scenario.

Scenario #1: Treating a victim for shock.

Upon successfully rendering first aid and/or CPR to the victim, the responding officer will treat the victim for shock while waiting for EMS to arrive. Another student in the group will verbally give the officer indicators exhibited by the victim.

Facilitated discussion questions:

- When should a victim be treated for shock? **[34.III.L]**
- What are the possible consequences of failing to treat for shock?
- Are there circumstances under which the consequences of shock may be more dangerous than the injury that caused it?

**Resources needed:**

- Classroom with tables

**Key learning points:**

- Shock is a life-threatening condition. If not immediately cared for, the victim can die.
- All victims should be treated for shock. **[34.III.M]**
- Even though the victim may be thirsty, do not give anything to drink. **[34.III.N]**

**Time required:** 15 minutes