



Want to learn how to save a life? Stop the Bleed is a FREE workshop that teaches the basics of bleeding control. Participants will learn how to:

- Recognize life-threatening bleeding
- Stop the bleed using:
 - Direct pressure
 - Wound packing
 - Tourniquet

The 1.5-hour workshop includes both a presentation on bleeding control basics as well as hands-on skills training by health professionals.

If you're a health professional, you can become a trainer for free just by participating in one of the workshops below.

In recognition of National Stop the Bleed Month in May, Duke Trauma Center will be offering free, public Stop the Bleed workshops at Durham County Libraries. Scan the QR code or visit the website to register:

<p>Fri, May 10th, 2 – 3:30pm Southwest Regional</p>  <p>bit.ly/STBmonth510</p>	<p>Sat, May 11th, 3 – 4:30pm East Regional</p>  <p>bit.ly/STBmonth511</p>	<p>Fri, May 17th, 12 – 1:30pm Main Library</p>  <p>bit.ly/STBmonth517</p>
<p>Tues, May 21st, 10 – 11:30am North Regional</p>  <p>bit.ly/STBmonth521</p>	<p>Wed, May 22nd, 6 – 7:30pm South Regional</p>  <p>bit.ly/STBmonth522</p>	

For more information, visit <https://trauma.duhs.duke.edu/injury-prevention/stop-bleed>

