



SAFETY FIRST
TRAINING TO A "T"

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First Care Provider Stop The Bleed Certification Course

This course was developed by the First Care Provider organization to teach citizens the Stop the Bleed program that was rolled out by the federal government to all enlisted personnel. Students will have hands-on experience with the following:

- The methodology and practice of administering a tourniquet on themselves and fellow classmates;
- Learning the difference between using a tourniquet and not using a tourniquet;
- The use of chest seals for chest wounds; and
- What to do if you do not have a personal Stop the Bleed kit on your person or a tourniquet.

Students will also receive during the class a wallet size card with two acronyms – C.A.R.E. and R.A.C.E. which will be explained during the course along with directions to download a free app for their mobile phone from First Care Provider containing helpful reminders for administering a tourniquet, what to use or not use if you don't have a tourniquet available and the C.A.R.E. and R.A.C.E. acronyms. Slides developed by First Care Provider will be used and at the end of the class students will receive a Certificate of Completion. This class is approximately 2 hours in length.