

市民による救命法

BLS: Basic Life Support 一次救命処置

AEDの使用方法

A: Automated (自動化された)、
E: External (体外式の)、
D: Defibrillator (除細動器)

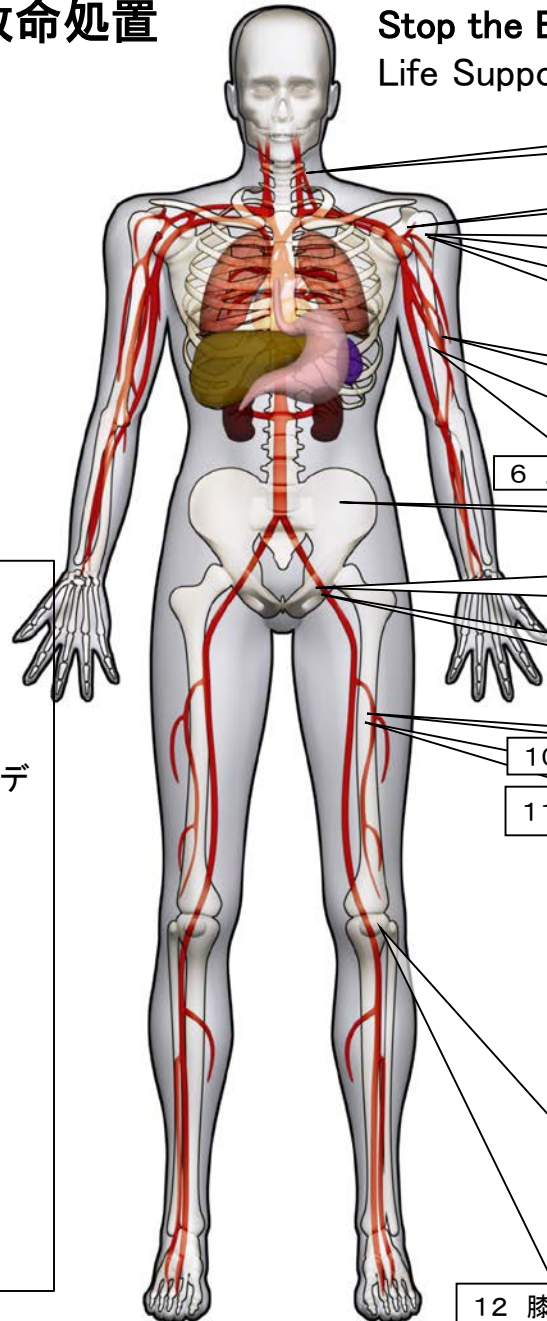
市民は以下の非外傷性心肺停止状態
を対象として実施

病気
感電
溺水
低体温など

医療従事者は

- A アシドーシス (hydrogen ion)
- B bleeding (hypovolemia) 出血や脱水
- C cardiac tamponade (tamponade) 心タンポナーデ
- D drug (toxin) 薬物中毒
- E embolism (thrombosis) 肺塞栓
- F freezing (hypothermia) 低体温
- G gas (hypoxia) 低酸素
- H hypo/hyperkalemia 高・低カリウム血症
- I infarction (thrombosis) 心筋梗塞
- J jam (tension pneumothorax) 緊張性気胸
- K 怪我、血糖 (trauma、hypoglycemia)

Stop the Bleed: 誰もが行う12種類の救命止血法
Life Support Dozen 受傷後30秒以内に行う



1 首を切られた時の止血法 (後遺症予防も含む)

2 爆発で腕を離断した際の間接圧迫止血

3 エマージェンシーバンテージなどの緊急
圧迫止血用包帯をJunctional Tourniquet の
代用とする腕の救命止血

4 腕の肩関節付近を負傷した際の間接圧迫止血

5 腕に銃弾を受けた際の間接圧迫止血

6 止血帯を用いた腕の救命止血

7 骨盤を損傷した際の間接圧迫止血

8 エマージェンシーバンテージなどの緊急
圧迫止血用包帯をJunctional Tourniquet の
代用とする脚の救命止血

9 爆発で脚を離断した際の間接圧迫止血

10 脚に銃弾を受けた際の間接圧迫止血

11 止血帯を用いた脚の救命止血

12種類の救命止血法は
Buy the Time 「時間を稼ぐ」ことで
次の4種類の止血法
直接圧迫止血
間接圧迫止血
血液凝固促進剤による止血
緊縛止血
へと繋げるための救命技術

12 膝関節から先を残すための間接圧迫止血法

米国の救命止血法普及の取り組み

街角に設置されているAEDに並び止血法のポスターが貼られ、止血帯、包帯等の資材が設置されている



No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, so it's important to quickly stop the blood loss.

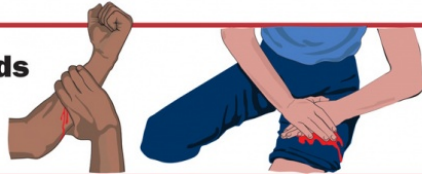
Remember to be aware of your surroundings and move yourself and the injured person to safety, if necessary.

Call 911.

Bystanders can take simple steps to keep the injured alive until appropriate medical care is available. Here are three actions that you can take to help save a life:

1. Apply Pressure with Hands

EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with both hands if possible.



2. Apply Dressing and Press

EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with bandages or clothing.

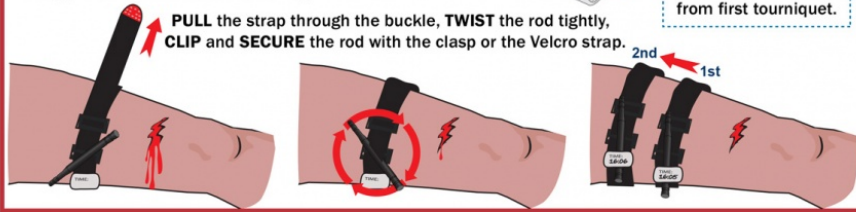


3. Apply Tourniquet(s)

If the bleeding doesn't stop, place a tourniquet 2-3 inches closer to the torso from the bleeding. The tourniquet may be applied and secured over clothing.



If the bleeding still doesn't stop, place a second tourniquet closer to the torso from first tourniquet.



The "Stop the Bleed" campaign was initiated by a federal interagency workgroup convened by the National Security Council Staff, The White House. The purpose of the campaign is to build national resilience by better preparing the public to save lives by raising awareness of basic actions to stop life threatening bleeding following everyday emergencies and man-made and natural disasters. Advances made by military medicine and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which exemplifies translation of knowledge back to the homeland to the benefit of the general public. The Department of the Defense owns the "Stop the Bleed" logo and phrase - trademark pending.



Homeland Security

Office of Health Affairs



The White House
Office of the Press Secretary
For Immediate Release

October 06, 2015

FACT SHEET: Bystander: "Stop the Bleed" Broad Private Sector Support for Effort to Save Lives and Build Resilience

Today, the Administration launched the "Stop the Bleed" campaign during an event at the White House, to provide bystanders of emergency situations with the tools and knowledge to stop life threatening bleeding. Working with the private sector and nonprofit organizations, the "Stop the Bleed" campaign will put knowledge gained by first responders and our military, into the hands of the public to help save lives.

Uncontrolled bleeding injuries can result from natural and manmade disasters and from everyday accidents. If this bleeding is severe, it can kill within minutes, potentially before trained responders can arrive. Providing bystanders with basic tools and information on the simple steps they can take in an emergency situation to stop life threatening bleeding can save lives. Research has shown that bystanders, with little or no medical training, can become heroic lifesavers. Similar to the use of CPR or automatic defibrillators, improving public awareness about how to stop severe bleeding and expanding personal and public access to Bleeding Control Kits can be the difference between life and death for an injured person.

Our national preparedness is the shared responsibility of all levels of government, the private and non-profit sectors, and individual citizens. The goal of this initiative is to build national resilience by empowering the general public to be aware of the simple steps that can be taken to stop or slow life threatening bleeding, and to promote the general public's access to Bleeding Control Kits in public spaces, while they travel, and in the home.

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STOP THE BLEED

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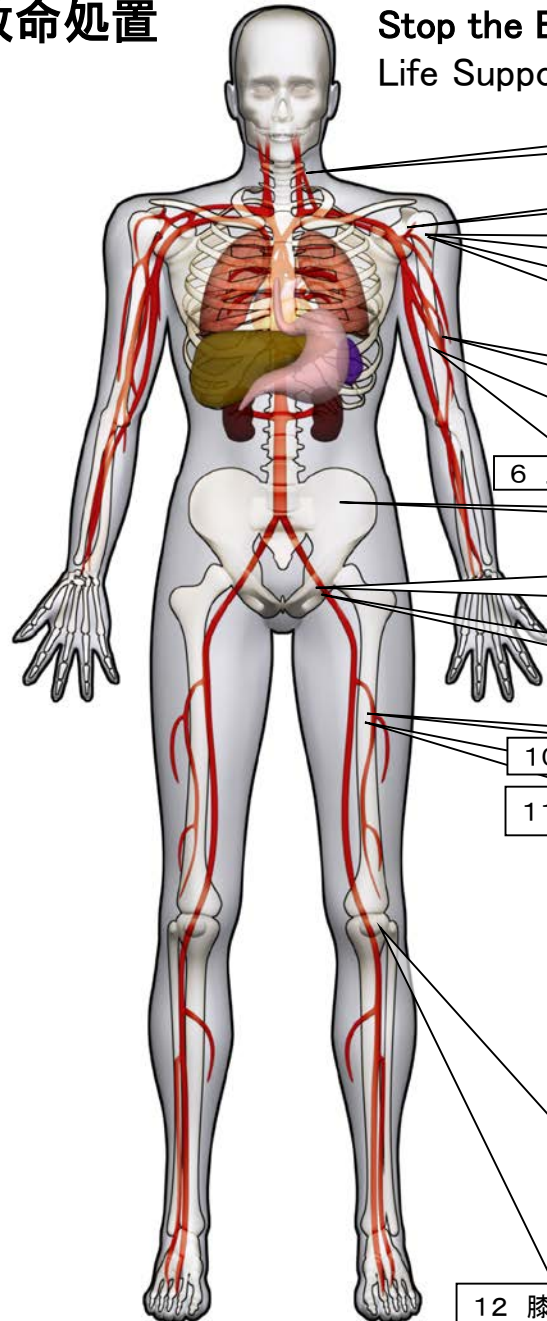
Call 911.

Bystanders can take simple steps to keep the injured alive until appropriate medical care is available. Here are three actions that you can take to help save a life:

- 1. Apply Pressure with Hands**
EXPOSE or find where the bleeding is coming from and apply FIRM, STEADY PRESSURE to the bleeding site with both hands if possible.
- 2. Apply Dressing and Press**
EXPOSE or find where the bleeding is coming from and apply FIRM, STEADY PRESSURE to the bleeding site with bandages or clothing.
- 3. Apply Tourniquet(s)**
If the bleeding doesn't stop, place a tourniquet 2-3 inches closer to the torso from the bleeding. The tourniquet may be applied and secured over clothing.
If the bleeding still doesn't stop, place a second tourniquet closer to the torso from first tourniquet.
PULL the strap through the buckle. TWIST the rod tightly. CLIP and SECURE the rod with the clasp or the Velcro strap.

Homeland Security Office of Health Affairs

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