



SAVE A LIFE

## ***A Message to Our Community: Our Commitment to Safety***

At Pleasant Hill R-III School District, the safety and well-being of our students, staff, and visitors remain our highest priority. As part of our ongoing commitment to preparedness and student safety, the district has adopted enhanced medical emergency protocols in response to Missouri Senate Bill 68 and the *Stop the Bleed* awareness initiative. These proactive steps ensure our schools are equipped with the tools, training, and procedures needed to respond quickly and effectively to severe bleeding emergencies.

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### **Understanding the *Stop the Bleed* Initiative**

Uncontrolled bleeding is the leading cause of preventable death following traumatic injury. In many emergency situations, minutes can pass before first responders arrive. The *Stop the Bleed* program empowers individuals to take immediate action and provide life-saving care during those critical moments. By training our staff and equipping our buildings, Pleasant Hill R-III is strengthening our ability to protect our school community.

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### **What This Means for Our Schools**

To comply with the state mandate and enhance emergency response, Pleasant Hill R-III has implemented the following measures across all school buildings:

- **Bleeding Control Kits**  
Bleeding control kits have been placed in clearly marked, easily accessible

locations throughout our schools. These kits include essential supplies such as tourniquets, gauze, and gloves.

- **Staff Training**

Staff members receive training on how to recognize life-threatening bleeding and properly use bleeding control equipment. Training emphasizes three key actions:

- *Applying direct pressure to a wound*
- *Packing a wound with gauze or clean material*
- *Applying a tourniquet when appropriate*
- *We are fortunate to have nurses in each building to provide guidance until our staff has received the training.*

- **Established Emergency Protocols**

Clear procedures have been developed to ensure a coordinated, timely response to traumatic bleeding incidents.

We are proud to take these important steps to further safeguard our students and staff. Empowering our school community with these skills and resources can make a life-saving difference.

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## ***Stop the Bleed* Emergency Response Guidance**

If emergency medical treatment is not immediately required, bleeding can often be controlled by applying steady, direct pressure and elevating the wound. The following steps are designed to help stop bleeding while protecting both the injured person and the responder.

### **Before Attempting to Stop the Bleeding:**

- *Wash hands thoroughly with soap and water, if available.*
- *Put on medical gloves, if available. If gloves are not available, use clean cloths, plastic bags, or other clean materials as a barrier between your hands and the wound.*
- *If possible, have the injured person apply direct pressure to the wound and elevate the injured area.*
- *Use bare hands to apply pressure only as a last resort.*

### **Steps to Stop the Bleeding:**

- *Have the injured person lie down and elevate the bleeding area, if possible.*
- *Remove any visible objects from the wound only if they are easy to remove. Control bleeding before attempting to clean the wound.*
- *Cut or remove clothing around the wound and remove jewelry near the area to prevent circulation issues if swelling occurs.*
- *Apply steady, direct pressure for a full **15 minutes**. Use a clock, as 15 minutes can feel longer than expected.*

- *Do not lift the cloth to check the wound during this time.*
  - *If blood soaks through, place another cloth on top without removing the first.*
  - *If an object is embedded in the wound, apply pressure around it, not directly on it.*
- *If moderate to severe bleeding does not slow or stop, continue applying pressure and seek medical help immediately.*
- *Do not use a tourniquet unless trained to do so.*
- *Keep the wound as clean as possible and prevent further injury.*

Mild bleeding often slows or stops after 15 minutes of pressure, though slight oozing may continue for up to 45 minutes.

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## **Additional Considerations**

Some puncture wounds may bleed beneath the skin with minimal visible blood. This can cause swelling and bruising around the injury. If blood collects at the wound site (a hematoma), the risk of infection increases.

***While assisting, monitor the injured person for signs of shock, including:***

- *Loss of consciousness*
- *Dizziness or light-headedness*
- *Weakness or difficulty standing*
- *Confusion, restlessness, fear, or reduced responsiveness*

***If any signs of shock are present, seek emergency medical assistance immediately.***

[https://youtu.be/7LEqWoK\\_aS0](https://youtu.be/7LEqWoK_aS0)

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Pleasant Hill R-III School District remains committed to providing a safe, prepared, and supportive learning environment for all.