



# Stop the Bleed Training!



SAVE A LIFE

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A regional effort involving East Fork Fire, Tahoe Douglas Fire, Douglas County Sheriff, and Quad County Public Health has placed Stop the Bleed kits at public access AED locations across our community. Learn how to use the contents of these kits should the need arise.

## General Public Class

This class is under one-hour in length and taught by the Douglas Community Emergency Response Team. It is designed for the lay-rescuer to learn the basics to Stop the Bleed. We will quickly discuss hands only CPR while encouraging you to download Pulse Point on your phone.

Tuesday, September 10, 2019 at 1:00 p.m. at Fire Station 2

Thursday, September 12, 2019 at 6:00 p.m. at Fire Station 2

Saturday, September 14, 2019 at 10:00 a.m. at Fire Station 2

## Healthcare Provider Class

This three hour class is taught by firefighter/paramedics specially trained in tactical emergency care. It is designed for healthcare professionals to learn more about the process to Stop the Bleed. Of course, we will also encourage you to download the Pulse Point app on your phone.

September 25, 2019 at 9:00 a.m. at Fire Station 2

September 26, 2019 at 9:00 a.m. at Fire Station 2

October 2, 2019 at 9:00 a.m. at Fire Station 2

October 5, 2019 at 9:00 a.m. at Fire Station 2

October 19, 2019 at 9:00 a.m. at Fire Station 2

October 20, 2019 at 9:00 a.m. at Fire Station 2

**All classes are held at East Fork Fire Station 2: 1255 Douglas Avenue in Gardnerville**

To sign up for classes, contact East Fork Fire at (775) 782-9040. We need you to sign up to have sufficient supplies for the class or notification of cancellation.

**PulsePoint**

Go to your phone's app store to download Pulse Point!

**PulsePoint**



Douglas County Emergency Management under inter-local agreement by East Fork Fire Protection District

