



**SAVE A LIFE**

Life-threatening bleeding can happen anywhere. The person next to a bleeding victim may very well be the one who's most likely to save them.

Become an immediate responder by learning how to control bleeding. You'll gain the ability to recognize life-threatening bleeding and act quickly and effectively to control bleeding once you learn three quick techniques:

- (1) How to use your hands to apply pressure to a wound
- (2) How to pack a wound to control bleeding
- (3) How to correctly apply a tourniquet. These three techniques will empower you to assist in an emergency and potentially save a life.

Bend-La Pine Schools is proud to partner with the trauma department at St. Charles Health System to offer this free training for all staff.

Even if you have been trained on bleeding control previously, we invite you to take advantage of this opportunity to practice the skills.

**La Pine:**

Wednesday, October 23 at 2:30pm  
La Pine High School Library

**Bend:**

Wednesday, November 13 at 3:00pm  
Caldera High School, Room 210

**Sign up here:** <https://forms.gle/uDx6YJR8grSteESr7>