

[www.peacehealth.org/stopthebleed](http://www.peacehealth.org/stopthebleed)

[www.bleedingcontrol.org](http://www.bleedingcontrol.org)

1. Determine audience, location, time, and place
2. Advertise the class(es)
3. Gather teaching supplies
4. Confirm adequate instructors with a 1:8 ratio
5. Schedule 1 hour period per set of students
6. 15-minute set-up and clean-up
7. Have participants sign in
8. Conduct lecture (20 minutes)
9. Conduct two station (wound packing and use of tourniquets) each 20 minutes
10. Distribute completion certificates as able
11. Identify early, those who qualify as instructors
12. Hold Trainer meeting for 15 minutes after the initial training
13. Identify those on sign-in sheet who are now trainers
14. Email, fax the sign in sheets regularly
15. Conduct as many classes as possible

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