## COUNTY OF KANE





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## Kane County Health Department Announces Free "Stop the Bleed" Training Sessions in Observance of National Stop the Bleed Month

(4/29/24) As part of National Stop the Bleed Month this May, the Kane County Health Department (KCHD) is announcing a series of free community training sessions aimed at empowering citizens with the skills and confidence needed to save lives in emergency bleeding situations.

Stop the Bleed is a nationwide campaign initiated to address one of the most preventable causes of death: uncontrolled bleeding. Whether it's a household injury, workplace accident, or severe emergency, knowing how to control bleeding can make the difference between life and death.

"Severe bleeding is something that can happen in everyday accidents and emergencies, and having the knowledge and skills to respond quickly can be lifesaving," said Michael Isaacson, KCHD Executive Director. "We encourage Kane County residents to take advantage of these free sessions. The training is simple, it can be learned by anyone, and it can make a crucial difference in an emergency."

Two separate classes will be offered May 16 and May 23, 2024, from 6 p.m. – 9 p.m. at the Kane County Health Department, 1240 N Highland Avenue, Aurora. A limited number of spots is available and registration is required. More dates will be added based on demand. Register here: <a href="https://www.signupgenius.com/go/10C084CAFA72FAAF4CF8-49298721-kchd#/">https://www.signupgenius.com/go/10C084CAFA72FAAF4CF8-49298721-kchd#/</a>

The Stop the Bleed training will be conducted by certified instructors and includes hands-on practice. Participants will learn how to:

- 1. Ensure their own safety and that of the injured person
- 2. Call for help effectively
- 3. Identify life-threatening bleeding
- 4. Apply direct pressure to wounds
- 5. Use tourniquets
- 6. Pack wounds to control bleeding

This initiative not only aligns with National Stop the Bleed Month but also reflects the Kane County Health Department's ongoing commitment to public health and safety education.

"We hope that through these workshops, more residents will feel equipped to assist in potentially life-threatening situations, increasing community resilience and potentially saving lives," Isaacson added.

The Kane County Health Department thanks its partners, volunteers, and community members who contribute to the success of this important educational campaign. For more information on the Stop the Bleed program or other public health trainings and programs, please visit: <a href="kanehealth.com">kanehealth.com</a>

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