



**STOP**  
THE BLEED™

Sign up for our next class scheduled for Friday, March 8<sup>th</sup> from 3pm-5pm at Red Deer Lodge by contacting Rex Clevenger at [TOSL.EMS@townofspiderlakewi.gov](mailto:TOSL.EMS@townofspiderlakewi.gov).

Cost of the Class is \$50 per person payable to Spider Lake Fire Department, which includes your personal first aid kit to take home. If you come as a couple and share a kit, the cost is \$25 for the 2<sup>nd</sup> person

***Do you use a chain saw?***

***Are you on the trails hiking, biking or on an ATV or Snowmobile?***

***While we are blessed with amazing beauty all around us, it can take the ambulance 30+ minutes to reach us, if not longer on the trails.***

***If you have a freak accident that severs an artery, you can “bleed out” in a few minutes.***

***The Stop the Bleed class teaches you (1) How to use your hands to apply pressure to a wound; (2) How to pack a wound to control bleeding; and (3) How to correctly apply a tourniquet.***