



News Release

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Date: July 5, 2023

### **Learn how to help save lives in an emergency**

For Immediate Release

**(COLUMBUS, Neb.)** – Uncontrolled bleeding can cause death within minutes, and blood loss is responsible for 35% of pre-hospital deaths. In situations when emergency response is delayed — such as natural disasters, active shooter situations or explosive events — it becomes particularly important for everyday citizens to know how to stop bleeding.

Though manmade or natural mass casualty events get a lot of attention, serious bleeding is more likely to result from everyday injuries at home or work, or while on the road.

Columbus Community Hospital wants to help people save lives. That’s why it offers Stop the Bleed®, a national program in which instructors explain how to stop bleeding in severely injured individuals.

The hospital will host the one-hour class from noon-1 p.m. Tuesday, Aug. 8, in the Platte/Prairie conference rooms. The session includes both a presentation and hands-on practice with tourniquets and pressure dressings. Course instructors teach the information at a comprehensive level, so individuals do not need a medical background to participate.

“Uncontrolled bleeding can happen to anyone at any time for various reasons,” said Sue Deyke, emergency department director at Columbus Community Hospital. “With the 165% increase in mass shootings across the country, it’s valuable to know how to pack a wound or apply a lifesaving tourniquet.”

By educating and empowering citizens, Columbus Community Hospital and the Stop the Bleed® program hope to prevent all deaths from uncontrollable bleeding.

To sign up for the Stop the Bleed® class or to set up a course for your organization, contact Sam Lozos at 402-562-3192 or visit [columbushosp.org](http://columbushosp.org).

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