



Shooting Trauma Response

with David Pruett from www.Amp-3.net

First Response Trauma Aid Is Critical

If a mass shooting, a stabbing, or any self-defense altercation occurs, you need to know how to render first-response aid to the victims... including yourself.

Everyday Carry First Aid Equipment

In terms of emergency trauma care from an injury, you should be carrying (on your person or within quick reach), the **critical triad** (plus one more item). Practice with your gear!

- **Tourniquet** (SWAT-T or CAT)
- **Trauma Dressing** (Such as the Israeli)
- **Hemostatic Agent** (like Quikclot or Celox)
- (plus) Heavy-Duty Nitrile Gloves (to protect you from blood-borne pathogens)

Knives Are Everywhere

Many criminals will have knives, but few people know how to respond to knife wounds and knife trauma.

- A knife wound can be deadlier than a gunshot wound.
- Gunshot wounds create ballistic trauma, while a knife wound does not.
- A knife wound is a *penetrating* wound.
- There are many structures *underneath* the penetration hole. You may see only a small wound, but there is a funnel the length of the knife that could create life-threatening injuries.
- In the field, treatment is the same for gunshots and knife wounds: Stop the bleeding and get medical help right away.
- Your goal is to stabilize the victim as best you can to buy time to get them to definitive care.

- Many people assume there is internal damage from a gunshot, but knife wounds may appear less severe than they are. The victim needs hospital care right away.

Assessing Wounds and Taking Action

After an attack is OVER, you'll need to decide how to treat the victim(s).

- Always have situational awareness. Make sure you and the victim are safe.
- **STOP THE BLEEDING.** If you see *squirting* bleeding, use a tourniquet between the wound and the heart.
- The SWAT-T tourniquet is a good model thanks to its stretch and elasticity, giving you more options based on wound placement.
- Get definitive, "real" medical care for the victim as quickly as possible. Your goal is to buy time to get them to treatment.

If YOU Are Wounded: Solo Treatment

If you are alone and wounded you may need to apply treatment to save your own life.

- The military trains for both "buddy care" and "self-care." In the latter case, you are treating your own wound to buy time until someone can come to help you.
- Apply self-care first to have a better chance to provide buddy care.
- Get the critical triad, carry it, and practice regularly with it. Buy TWO and mark one for training, reserving one for a real emergency.
- Practice applying trauma dressings and tourniquets to yourself and others every time you go to the range.
- Practice applying care with only one arm/hand.