

# Texas Firefighter Wellness Newsletter

## Fort Worth Firefighters Launch “Stop the Bleed” Campaign



<https://firstaidforlife.org.uk/tourniquets/>

Texas passed a new law requiring all public schools to have “Stop the Bleed” stations. A group of Fort Worth firefighters has teamed up with Cook Children’s Medical Center to donate 3,300 bleeding control kits to Fort Worth area public schools. In addition to donating the kits, the firefighters are conducting “Stop the Bleed” training classes to equip teachers, church leaders, and other members of the community with the necessary skills to act in the event of a life-threatening event. Mayor Betsy Price noted that “the Stop the Bleed training program is an essential and proactive step to providing an added layer of safety for all of our children and teachers in our schools.”

The kits, placed all over school campuses, are required to have emergency first aid supplies, including tourniquets, chest seals, compression bandages, bleeding control bandages, space emergency blankets, latex-free gloves, markers, and scissors. The kits also include a list of instructions from the US Department of Homeland Security and the American College of Surgeons describing how to prevent and deal with blood loss after a critical or life-threatening event. Firefighters

conduct classes to teach this information in more detail, which includes critical information about how someone with uncontrolled bleeding can die within five to ten minutes. Attendees can also learn proper wound care and dressing techniques to aid victims.

The law requires that school districts have kits and emergency protocol in place by January 1, 2020. The bill’s statement of intent says that “by guaranteeing the presence and effectiveness of bleeding control kits, [this bill] will help prevent loss of life in the event of an active shooter situation or other serious emergency.” However, Jeanette Stipp-Puffer, nurse at the Pantego Christian Academy in Arlington, objects that people often miss the true importance of these kits because “they always think of intruders [and] active shooters. But something could happen anywhere. There could be an injury at home.” These Stop the Bleed kits can be an asset in any number of emergency situations. It is important that the first aid supplies are used correctly and effectively. Therefore, first-responders, like firefighters, are critical in the training process.

The nation-wide “Stop the Bleed” movement started in re-

sponse to the Boston Marathon Bombing in 2013, in which brave bystanders applied makeshift tourniquets to those wounded by the bombs. The Stop the Bleed movement has a number of currently active campaigns all across Texas, and they are listed on the campaign’s website along with instructions on how to stop bleeding. The website also includes a link to purchase a bleeding control kit. Ultimately, the campaign is aimed at preemptive emergency preparedness for a number of disaster situations. They hope to continue this training for years to come. Dr. Crystal Dockery, deputy executive director with the Texas Association of Community Schools said, “I think one of the things that we hope will continue is a funding source to be able to pay for, upgrade, and continually monitor these [trainings].” The generous donations from the Fort Worth Fire Department have made these bleeding control kits and trainings a reality for the greater Fort Worth area.

<https://www.kxan.com/news/texas/new-law-mandates-texas-schools-have-stop-the-bleed-stations/>  
<https://www.star-telegram.com/news/state/texas/article233545367.html>

<https://dfw.cbslocal.com/2019/08/21/fort-worth-schools-bleeding-control-kits-firefighters-cook-childrens/>

<http://stopthebleedtx.org/index>

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<http://client.prod.iaff.org/>

## What's New at the WRI?

The WRI welcomes a new BEAR intern!

### Katherine Nesbitt

Katherine joined the WRI as a BEAR intern in September 2019. She is a junior psychology major at Baylor University. Originally from Memphis, TN, Katherine has had the opportunity to volunteer with children and families at St. Jude Children's Research Hospital and has loved the opportunity to serve and support families going through such a difficult and stressful time. This experience sparked her interest in early childhood trauma and children's and families' coping skills with major health diagnoses.

After graduating, Katherine plans to pursue a master's degree in social work. She wishes to become a licensed clinical social worker to engage with children and families dealing with major traumatic events.

### We got funding!

We received funding from the Texas Veterans Commission to expand telehealth treatment for veterans and veteran family members in Texas. If you would like more information about our treatment program, please contact us at [WRI@BSWHealth.org](mailto:WRI@BSWHealth.org) or 254-716-6208.

This program is supported by a grant from the Texas Veterans Commission *Fund for Veterans' Assistance*. The *Fund for Veterans' Assistance* provides grants to organizations serving veterans and their families. <https://TVC.Texas.gov>



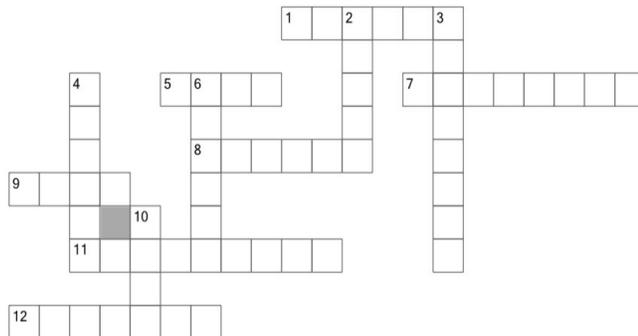
## Fall Crossword Puzzle!

### ACROSS

1. Changes colors in the fall
5. Grows on stalks
7. Great for pies and for carving
8. The third season of the year
9. Another name for Autumn
11. Scares birds from cornfields
12. To reap or gather

### DOWN

2. What falls from an oak tree
3. A small rodent
4. Keeps the doctor away
6. Red and yellow makes this color
10. Used to gather fallen leaves



Fall	Pumpkins	Scarecrow	Rake
Autumn	Apples	Harvest	Corn
Leaves	Orange	Acorn	Squirrel

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**Moving? Changing your phone number? If so, please let us know so we can update our information.**

**Contact Megan Cardenas at: (254) 730-2677  
OR [Megan.Cardenas@BSWHealth.org](mailto:Megan.Cardenas@BSWHealth.org)**



Don't forget that you can contact us 24 hours a day, 7 days a week, 365 days a year!