



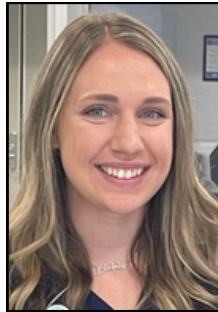
Newman Regional Health conducts the STOP THE BLEED® training classes during a public group class or with private groups as requested.

The aim of the program is to provide the education needed to help save a life. STOP THE BLEED® is a nationally recognized program by the American College of Surgeons.

With 3 quick actions, you can be trained to save a life. The number one cause of preventable death after injury is bleeding.



SAVE A LIFE



Newman Regional Health
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(620)-343-6800 Ext:
21043



[newmanrh.org/
stopthebleed](http://newmanrh.org/stopthebleed)

**Please Contact
Abby Hogan to
request a free
class for your
group.**



**First-responders
are 20 minutes
away, are you be
ready to save a
life?**



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Achieving Healthy Goals!

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'I could have died there': Teen saves elderly neighbor using 'Stop The Bleed' training

Saleen Martin
USA TODAY

Teen relied on 'Stop The Bleeding' training to save neighbor

When Drake found Kemery, her foot was bleeding, which reminded him of the training he had at the beginning of the year called Stop the Bleed.

There, he learned how to treat a stab wound, a bullet wound and really bad scratches, he said. He also learned how to use a tourniquet to stop life-threatening external bleeding.

While Kemery's injuries weren't severe enough to require a tourniquet, Drake remembered that his instructor stressed remaining calm during his training. He also remembered that if needed, he

could use his belt as a tourniquet to cut off blood circulation to the foot that was bleeding.

"The main thing was just staying calm and getting her out of the situation that she was in," Drake said.

He called his dad and Kemery's children were also contacted. Her son ended up taking her to the hospital because getting a ride from an EMT isn't easy in a rural area like theirs.

"Our town ambulance did not have anybody that's qualified to drive an (EMT) so if I had to call an ambulance, they would've taken a long time to get there," Kemery said, adding that three of her toes were mangled because she had on flip flops during the accident.

Drake's mom, Crystal, said he is a really good kid. "Life around here is different in the midwest," she said. "We're a small community so even if Weston wasn't helping Pat pick up her hay and it was somebody else, I think he would've done the same thing. I'm just really proud of him."

Kemery, who Drake saved, said she is doing just fine. She's the type of person who just gets up and keeps on going, she said.

"I have ridden four-wheelers forever and this four wheeler was a brand new one that had seven hours on it," she said. "I don't have it anymore. My kids decided I shouldn't drive it."

See Something,

Do Something:

Improving Survival

1 APPLY PRESSURE WITH HANDS

2 APPLY DRESSING AND PRESS

3 APPLY TOURNIQUET

WRAP WIND SECURE TIME

CALL 911



**Free class
for your
group.**

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