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Arc Herkimer to Offer Free May 23 Stop the Bleed Training

In observance of National Stop the Bleed Day, Arc Herkimer, in conjunction with Herkimer Industries, will offer free Stop the Bleed (STB) Certification Training, open to the public, on Thursday, May 23.

The hands-on training gives civilians basic bleeding control skills so they can help until paramedics arrive. In trauma, the number one preventable cause of death is bleeding out. The STB training is offered for civilians, community groups, employers, outdoor groups, hunters, search & rescue, first responders, firefighters, school and church personnel, and others interested in saving lives.

Two training sessions will be offered from 10 a.m. to Noon, and 1 p.m. to 3 p.m. at Arc Herkimer's training facilities at 350 S. Washington Street in Herkimer, NY. STB certification includes presentations, videos, tourniquet training, and skills assessment. The training is free, but registration is required.

Arc Herkimer trainers will be led by Amanda Aiello, RN, Arc Herkimer health care education specialist and Certified Stop the Bleed Trainer. Aiello is a Basic Life Support instructor for the American Heart Association. She has previous experience as a paramedic, emergency medical technician (EMT), and emergency medical dispatch (EMD).

The Arc Herkimer STB training supports the second annual National Stop the Bleed Day, which highlights the importance of Stop the Bleed training and provides the public with information and education. The program helps save lives by raising awareness about basic actions anyone can do to stop life-threatening bleeding after accidents, emergencies or national disasters. National Stop the Bleed Day is supported by the Department of Defense, the American College of Surgeons, the Department of Homeland Security and many other organizations across the country.

To register or for questions, please contact Aiello at (315) 574-7932 or email: aaiello@archerkimer.org. Training spots will be offered on a first-come, first-served basis.



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