



Dear Friend of the NCDMPH,

We are proud to announce that the award-winning First Aid for Severe Trauma™ (FAST™) program has now taught more than 1,000 people across the United States how to intervene in a bleeding emergency.



FAST is a natural extension of the STOP THE BLEED® initiative here at the National Center for Disaster Medicine and Public Health at Uniformed Services University (USU), and it is the first national Stop the Bleed course designed specifically for high school students. It's about training, equipping, and empowering young people to help save lives during a bleeding emergency. We are happy to report that half of those trained to date have been high school students, with adults interested in learning how to save lives making up the rest of the FAST graduates, showing the program has wide appeal. So far, FAST has been taught in more than 20 states.

The FAST course was launched by the Red Cross in 2021, and, thanks to a grant from the Department of Homeland Security Science & Technology Directorate, FAST is available at no

cost to high school students under age 19. In November, FAST was honored with a Platinum ASTORS Homeland Security Award. Now, achieving 1,000 people trained is a testimony to the ongoing, coordinated effort of all the partners in driving broad, nationwide adoption of the program.

FAST teaches the knowledge and skills necessary for anyone to save lives in the minutes after a severe injury – while waiting for help to arrive. The Red Cross course is available in three formats: instructor-led, web-only, and blended to allow maximum flexibility for students and teachers. NCDMPH published multiple educational studies evaluating the ability of high schoolers to learn bleeding control knowledge and skills in the three formats as well as high school teachers' ability to become bleeding control instructors in a virtual environment. In partnership with the HOSA-Future Health Professionals organization and a cadre of dedicated USU medical students, NCDMPH has led bleeding control skills training and assessment for some 500 high school teachers across the country.

As a valued supporter of the work we're doing at NCDMPH, we hope you will help us spread the word about this important training milestone, so that we can encourage even more students and teachers to become involved and save lives.

For more information, please visit:

American Red Cross FAST website [redcross.org/fast](https://www.redcross.org/fast)

DHS FAST website <https://www.dhs.gov/science-and-technology/first-aid-severe-trauma>

NCDMPH FAST web page <https://ncdmph.usuhs.edu/fast>

Sincerely,



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Professor and Science Director

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