

How to Make Hemorrhage Control Trainers for Stop The Bleed

1. Purchase a 6" x 36" foam roller (you can find them online – approx. \$20.00). Do not buy the compressed Styrofoam rollers. These white rollers are softer and easier to create the manikin. They are also more lifelike.
2. Cut it in half– this will give you two training legs at 18" long each.
3. Cut or dig a jagged hole near one end of the leg that is approx. 2" in diameter and 3" deep.
4. Cover the leg in fabric (to simulate pants). Either sew fabric to make a tube or use an old pair of pants.
5. Fold and hot glue the ends.
6. Cut a hole in the fabric over the wound to simulate a jagged gun or blast injury.
7. You can take a red Sharpie marker and color the wound (not shown here), but be advised, have students wear gloves, the red ink will rub off slightly and stain fingers.

