IMPROVISED FIRST AID SKILLS (IFAS) PLUS

STOP THE BLEEDING

SCDF
The Life Saving Force
. . . for a safer Singapore
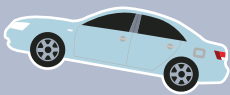
SGSECURE
STAY ALERT. STAY UNITED. STAY STRONG.

IMPROVISED FIRST AID SKILLS (IFAS) PLUS

Why learn IFAS Plus?

Bomb Blast   **Vehicle Attack**   **Gun Shot**   **Stab Attack**

SCDF has introduced Improvised First Aid Skills (IFAS) Plus to prepare the members of public on how to use common items to stop excessive bleeding during a terror or weapons attack.

In such attacks, multiple casualties may be bleeding profusely and a person actively bleeding can die within minutes from blood loss.

Promptly stopping the bleeding can save lives, and anyone can do it by following the simple steps: **Press, Tie, Tell.**

Principles of IFAS Plus under terror attack

If you are caught in a terror attack, you should first execute "Run, Hide and Tell."

Stopping the bleeding - while hiding, if you encounter casualties who are bleeding profusely, you should carry out IFAS Plus without drawing attention to yourself.

*For more information on the "Run, Hide, Tell" advisory, please visit https://www.sgsecure.sg/resources

IFAS Plus is easy to remember, and characterised by the acronym 'PTT'.

PRESS

TIE

TELL

PRESS (If bleeding does not stop, proceed to TIE)

PRESS directly on the wound to stop the bleeding using items such as a handkerchief or cloth.

TIE (Only applicable for limbs)

TIE a tourniquet at least 5cm above the wound using items such as a neck tie, belt or sling of a bag to stop any excessive bleeding.

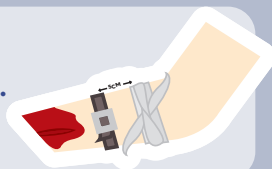If bleeding still does not stop after TIE, apply the windlass technique.

TELL

TELL the SCDF Emergency Responders about the injury and the time when you tied the wound.
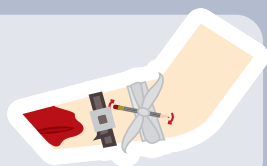
Steps to Windlass Technique

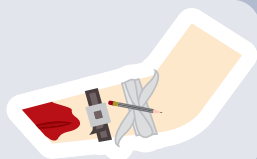**Additional steps if bleeding does not stop after tying.**

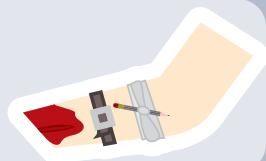1. Tie at least 5cm above the first tie.

2. Place a rod (pen or wooden stick) on the second tie and secure the rod.

3. Turn the rod in one direction until the bleeding stops.

4. Secure by tying a knot.

Excessive bleeding is the **main cause of death** in a terrorist attack.

Scan the QR code to watch the IFAS Plus video or visit the SCDF website at www.scdf.gov.sg to find out more about other emergency preparedness programmes.