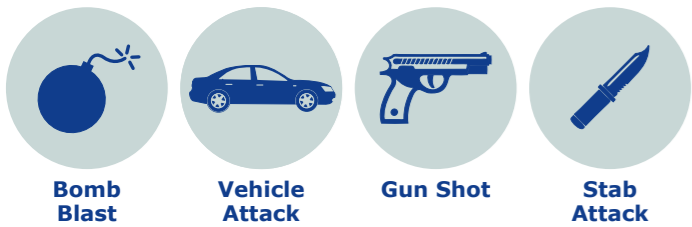


# IMPROVISED FIRST AID SKILLS (IFAS) PLUS

## Why learn IFAS Plus?



To prepare members of public on what to do in the event of a terror attack, firearms or weapons attack, SCDF has introduced the **Improved First Aid Skills (IFAS) Plus** - the use of common items to stop excessive bleeding.

In such an attack, there may be many casualties who are bleeding profusely. A person who is actively bleeding can die within minutes from the loss of blood.

“Stopping the Bleed” promptly can save lives and anyone can do it by applying the simple steps of **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 Bleed” – 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”.

**P**RESS. **T**IE. **T**ELL.



## 1. PRESS

PRESS directly on the wound to stop the bleeding using items such as a handkerchief or cloth.  
(If bleeding does not stop, proceed to TIE.)



## 2. TIE (Only applicable for limbs)

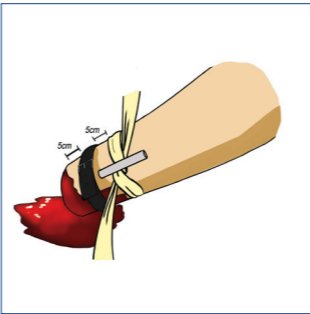
TIE at least 5cm above the wound using items such as a neck tie, belt or sling of a bag to stop any excessive bleeding.  
(If bleeding still does not stop, apply the windlass technique.)

## Steps to Windlass Technique

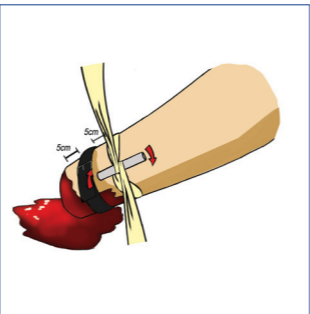
Additional steps if bleeding does not stop after tying



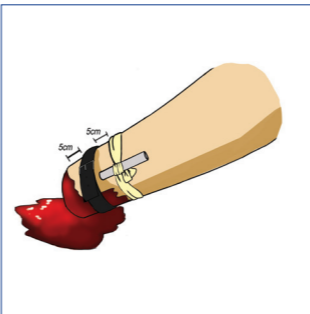
A. Tie at least 5cm above the first tie.



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



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



D. Secure by tying a knot.



## 3. TELL

TELL the SCDF Emergency Responders about the injury and the time when you tied the wound.

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

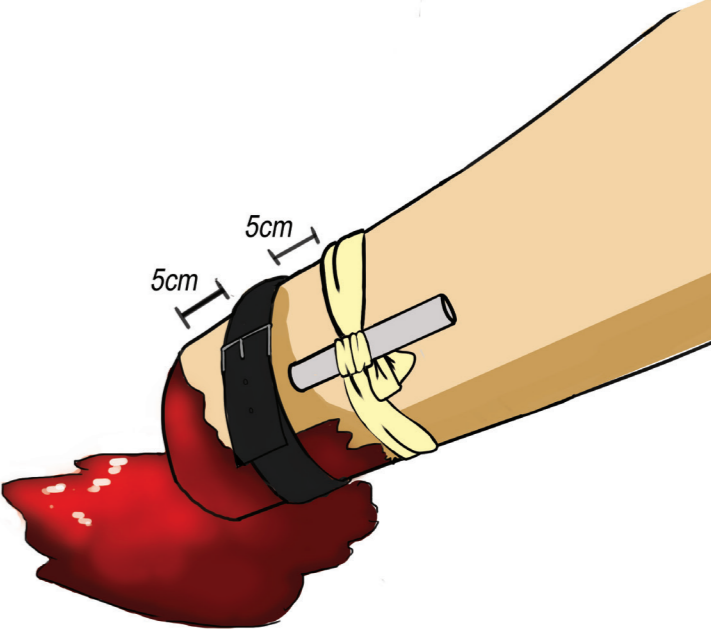
To learn more:



Watch the IFAS Plus video (approximately 2 minutes)

or if you have more time,

Visit the SCDF website at [www.scdf.gov.sg](http://www.scdf.gov.sg) to find out more about other emergency preparedness platforms.



**IFAS Plus**

简易止血三步骤  
(IFAS)提升版

简易止血

这项社区推广计划来自:



# 简易止血三步骤 (IFAS) 提升版

## 为何学习简易止血三步骤(IFAS)提升版?



为了教导民众在遇到恐怖袭击事件时如何反应,新加坡民防部队推出了**简易止血三步骤(IFAS)提升版**,教导民众如何使用日常用品为伤者止血。

这类袭击事件可能导致大量伤亡。伤者也可能在短短几分钟内因失血过多而丧命。

人人都能运用 **按压、捆绑、告知** 简易止血三步骤,提高伤者的生存机率。

## 简易止血三步骤 (IFAS) 的应用原则

若置身于袭击事件中, 您应该先 “逃离, 躲藏, 通报。”\*

若您在躲藏时遇到血流不止的伤者, 您应该在确保自身安全的情况下为伤者进行“简易止血三步骤(IFAS)提升版”。

\*欲知更多有关“逃离, 躲藏, 通报”的详情, 请游览以下网页:  
<https://www.sgsecure.sg/resources> .



## 简易止血三步骤提升版



### 1. 按压

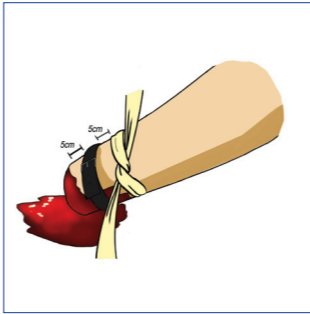
利用日常用品如手帕或布料为伤者的伤口按压止血。  
(在按压后未能止血的情况下为伤者的伤口捆绑。)



### 2. 捆绑 (只能为四肢捆绑)

利用领带, 腰带或背包带, 在伤口5公分以上的部位捆绑, 停止大量出血。  
(在捆绑后未能止血的情况下, 请使用旋转施压法。)

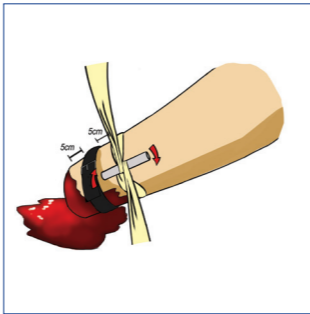
**旋转施压法**  
在捆绑后未能止血的情况下使用的额外步骤。



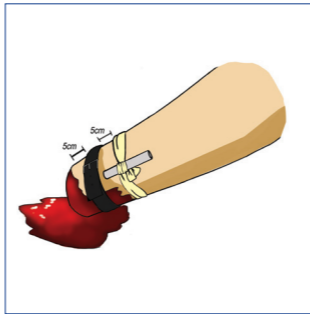
A. 在第一个捆绑的位置5公分以上的部位捆绑。



B. 在捆绑的位置放置一根棒子(笔或木棍)后, 再捆绑一次。



C. 朝着一个方向旋转棒子, 直到止血为止。



D. 打结固定。



### 3. 告知

告知救援部队急救的时间和细节。

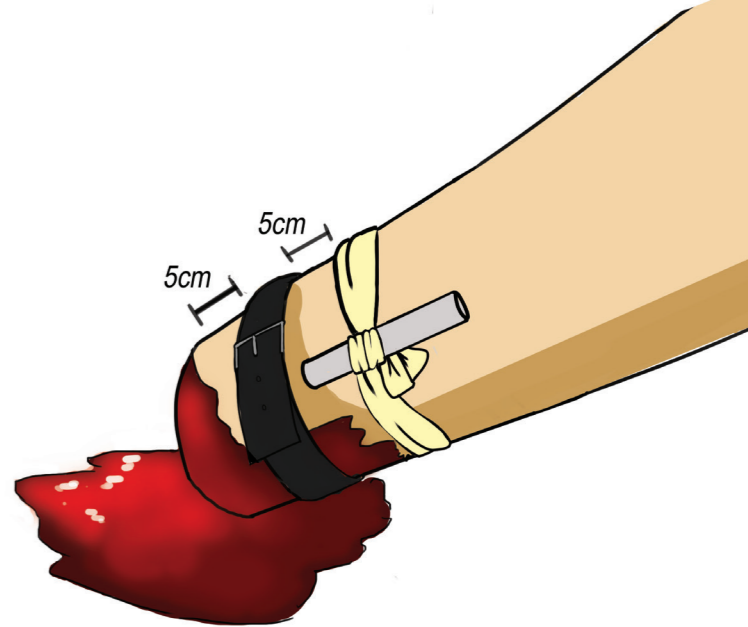
出血过多是恐怖袭击事件中导致死亡的主要原因。

欲知更多有关资讯:



请观赏简易止血三步骤 (IFAS) 提升版视频 (约2分钟)。

若您能抽出更多时间, 请游览新加坡民防部队网站 [www.scdf.gov.sg](http://www.scdf.gov.sg) 了解更多学习紧急应变知识的平台。



**IMPROVISED FIRST AID SKILLS (IFAS) PLUS**  
*Stopping the Bleed*

A community initiative by:



简易止血三步骤 (IFAS) 提升版