

A SUMMARY OF NHTSA'S BYSTANDER CARE DEMONSTRATION PROJECTS

Several years ago, the National Highway Traffic Safety Administration (NHTSA) recognized that many of the deaths occurring from traffic crashes were happening before the victims arrived at a medical treatment center. Motor vehicle crashes remain a leading cause of death in the United States, with most fatalities occurring in rural areas. To improve survival from rural highway trauma, NHTSA decided to help with the care that crash victims receive from bystanders and passersby **before** the arrival of emergency medical services.

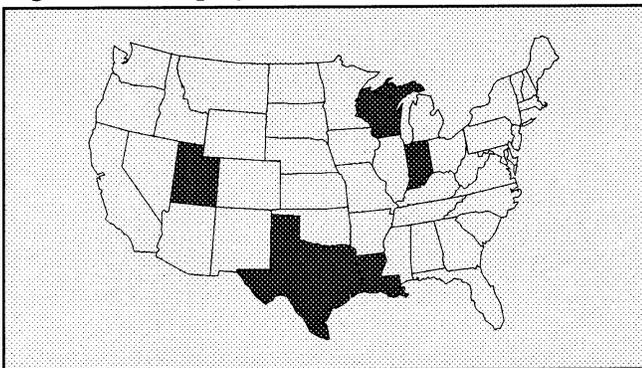
The *National Standard Curriculum for Bystander Care* was completed in 1992, and has since been piloted-tested in five states. The objectives were to assess different approaches for delivering the Bystander Care message to specifically targeted audiences. Indiana, Louisiana, Texas, Utah, and Wisconsin each developed a program suited to the particular needs of their state. Rhode Island has just begun a similar project.

- Six Simple Steps ...
.....for Saving Lives*
- 1. Recognize the emergency*
 - 2. Decide to help*
 - 3. Start the breathing*
 - 4. Stop the bleeding*
 - 5. Contact the EMS system for help*
 - 6. Provide life-sustaining care, if needed*

Bystander Care is based on simple premises:

1. Often, a few simple actions could make the difference between life and death.
2. These actions could be performed by almost anyone.
3. In many cases, time is of the essence. The earlier the victim is treated, the greater are the chances of survival.

Each of the five states based their program on the National Curriculum. They each developed a short video, brochures, and a Bystander Care Kit of helpful items in administering aid. Each implemented a training program in their state, mostly targeting high school students or adults in rural communities. Some states worked through organizations like 4-H or church groups. Some elicited support from businesses in their communities, which often helped promote the Bystander Care training and materials. Overall, about 1,000 people completed the training.



Five States Tested Bystander Care Curriculum

These states showed that Bystander Care programs work regardless of the customization that each state made to the National Curriculum. In Wisconsin, 95 percent of the participants who completed the Bystander training said that they would stop and render care now that they knew the simple steps they could take.

The summary report describes the programs developed by the five states and lists:

- How the group determined their target audience
- Materials developed



- Program delivery
- Effectiveness of the program
- Plans for future Bystander Care training

The videos produced by the states have been combined onto one 105 minute videocassette (VHS format).

For a copy of the report or video *Bystander Care Demonstration Projects*, write to: Emergency Medical Services Division, NTS-42, NHTSA, 400 Seventh Street, S.W., Washington, DC 20590, or send a fax to (202) 366-7721. It's also on NHTSA's Homepage at <http://www.nhtsa.dot.gov/people/injury/ems>

Simple Bystander Kit

- ✓ *Protective Gloves*
- ✓ *Breathing Mask*
- ✓ *Adhesive Bandages*
- ✓ *Pressure Dressings*
- ✓ *Job Aid with*

Bystander Care Instructions

U.S. Department
of Transportation
**National Highway
Traffic Safety
Administration**

400 Seventh Street, S.W. NTS-30
Washington, DC 20590

TRAFFIC TECH is a publication to disseminate information about traffic safety programs, including evaluations, innovative programs, and new publications. Feel free to copy it as you wish.

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