

STOP THE BLEED TRAINING FOR THE AGRICULTURAL INDUSTRY

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Introduction:

The agriculture industry is one of the most dangerous professions. Agricultural accidents can lead to injuries that cause life-threatening bleeding. Unfortunately, in New Jersey, serious farm accidents occurred in recent years that brought attention to the need for “Stop the Bleed” training. The Rutgers Cooperative Extension Farm Health and Safety Team organized and implemented 3 regional “Stop the Bleed” training events from April 2025 to February 2026 in 3 regions of New Jersey. The “Stop the Bleed” training program aims to teach individuals skills to effectively control bleeding. Three skills of using hands to apply direct pressure to a wound, packing a wound, and applying a tourniquet can potentially save a life by performing first aid before medical professionals arrive. With 3 quick actions, anyone can be trained and empowered to save a life using the techniques taught through the “Stop the Bleed” program.

Stop The Bleed Trainings:

- Students who participated in one of the 3 courses offered learned how to recognize life-threatening bleeding and how to act quickly and effectively to control it with 3 quick techniques.
- Rutgers University Medical School instructors taught 2 in-person trainings (April 8, 2025, and January 10, 2026) and 1 training was conducted by certified trainers with the Gloucester County Emergency Management Services (February 2, 2026). The 3 events resulted in 56 farmer and agricultural service providers trained. It is recommended to offer the training with small groups, especially for the hands-on portion to allow for supervision of the trainers to ensure students are using proper techniques.



Date of Event	Facilitator	Region of NJ	No. Participants
April 8, 2025	William Bamka, Ag. Agent, Burlington Co.	Central	22
January 10, 2026	Stephen Komar, Ag Agent, Sussex Co.	North	18
February 2, 2026	Michelle Infante-Casella, Ag Agent, Gloucester Co.	South	16
Total Trained			56



- Materials from the “Stop the Bleed” program, specially developed by the American College of Surgeons, to teach bleeding control techniques were utilized via slide sets, videos and handouts. The instructors lectured and provided hands-on training, and checked movements of students while they practiced 3 different bleeding control techniques:
 - Using hands to apply direct pressure to a wound.
 - Packing a wound to control bleeding.
 - Applying a tourniquet.
- The courses offered by Rutgers for “Stop the Bleed” averaged about 2.5 hours each. A formal presentation was followed by hands-on practice of applying direct pressure, packing a wound, and using a tourniquet to stop bleeding.
- The 3 Rutgers “Stop the Bleed” trainings were offered free of charge to farmers and agricultural service providers. The Rutgers team received grants to purchase “Stop the Bleed” kits that included gloves, gauze, trauma dressings, chest seals, tourniquets and instructions. Each student who completed the course left with a complimentary kit.
- There's no minimum age requirement for taking the “Stop the Bleed” course, although it is recommended to warn participants and guardians of youth about graphic images and content included in the presentations. At the April 8, 2025, event, 2 adults felt weak and faint during the video portion of the training and had to leave the room. Both were accompanied for observation. Also, both students did return for the hands-on training portion of the training. Drinks and light snacks were provided to students, in anticipation of possible need of refreshment.

Conclusion:

Training farmers and agricultural service providers on how to properly treat someone after an accident who is bleeding may save a life in the future. Sadly, farm accidents have occurred and will continue to occur. The goal of this training was to prepare people to perform life-saving techniques. Although not considered a “certified training” instructors did tell participants they too can train their workforce on the farm the techniques they learned in the course. When asked who in attendance was going to teach the skills to others after taking this course, 75% said they would.

