

Life-threatening emergencies can happen fast and emergency responders aren't always nearby. You may be able to save a life by taking simple actions immediately. You Are the Help Until Help Arrives.

Click on the links below to learn more about how you can help:

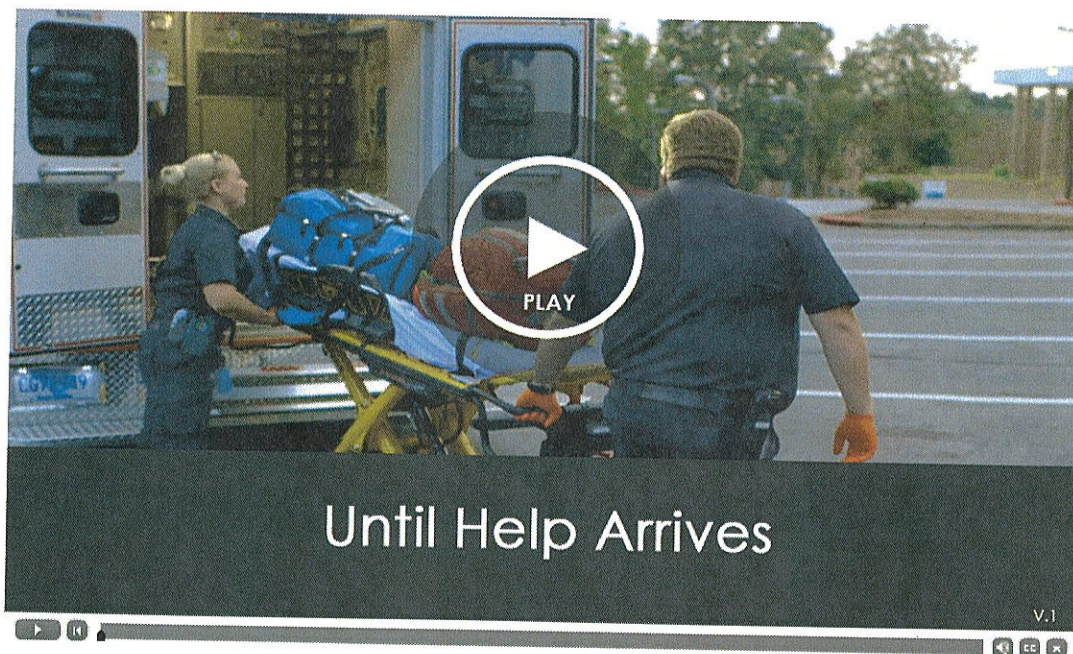
- An animated **interactive video**
- A **web-based training** program
- A downloadable **instructor guide and student tools** to provide in-person training (/until-help-arrives/ilt-instructor-pre-course?lang=en_US)

**DESCRIPTIVE
AUDIO**

Why get involved when someone is badly injured?

According to a recent National Academies of Science study, trauma is the leading cause of death for Americans under age 46. Life-threatening injuries require immediate action to prevent an injured person from dying. Those nearest to someone with life-threatening injuries are best positioned to provide first care.

Take the You Are the Help Until Help Arrives web-based training below:



[Access the Transcript to the Web-Based Training \(https://s3-us-gov-west-1.amazonaws.com/dam-production/uploads/1485792729963-f1b10e0964689a737e443914493f0623/UNTIL_HELP_ARRIVES_508_WBT.pdf\)](https://s3-us-gov-west-1.amazonaws.com/dam-production/uploads/1485792729963-f1b10e0964689a737e443914493f0623/UNTIL_HELP_ARRIVES_508_WBT.pdf)

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[Download in-person training materials. \(/until-help-arrives/ilt-instructor-pre-course?lang=en_US\)](#)

Follow this link to visit the instructor page and download the course content so that you can teach others.



[Download materials to help market your course. \(/until-help-arrives/ilt-instructor-pre-course?lang=en_US\)](#)

Follow this link to visit the instructor page and download program fact sheet.



[Complete the survey and earn your certificate. \(/until-help-arrives/ilt-student-post-course?lang=en_US\)](#)

Follow this link to to get your certificate of completion.

Videos

You Are Part of Our Team CC



Why You Need to Stop Bleeding Right Away CC



More Videos (<https://www.youtube.com/user/FEMA>)

Stories



A Perfect Stranger (/story/a-perfect-stranger?lang=en_US)
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Official Website of the Department of Homeland Security