DO NOT FORGET · THE SHORT CHECKLIST

# Massive haemorrhage / transfusion

Activate, tranexamic acid, balanced products, calcium, warmth, bloods every 30–60 minutes

EM Orbit

| Patient reference | Date | Time zero | Completed by |
|---|---|---|---|
| | | | |

## The 3 steps that must not be missed

- [ ] ACTIVATE

**Trigger: haemorrhagic shock, ABC score ≥ 2 (penetrating, SBP ≤ 90, HR ≥ 120, positive FAST), shock index > 1, or anticipated ≥ 4 units in an hour**

Activate the massive haemorrhage protocol by phone; name the coordinator and the runner.

- [ ] ACTIVATE

**Tranexamic acid 1 g IV over 10 minutes within 3 hours of injury, then 1 g over 8 hours**

Do not give after 3 hours in trauma. Also indicated in postpartum and GI haemorrhage per local protocol.

- [ ] TRANSFUSE

**Red cells : plasma : platelets in a 1 : 1 : 1 ratio; start with O-negative / group-specific while awaiting crossmatch**

Whole blood where available.

The short list: an aid to memory, not the whole procedure. The full checklist is at the QR code. It does not replace your local protocol or your clinical judgement. Source: PROPPR 2015 · CRASH-2 · European trauma bleeding guideline 2023.