

#23: 8 mins.

Tourniquet

(PM: 3-4,5; IM: pg. 3-7,8)

- ✓ **Call 911; Check site for safety to you. Gloves (PPE)**
- ✓ **Place tourniquet 2-3" above wound, not at joint, as high on arm or leg as possible.**
Not on joint, neck, shoulder, groin, or core body. (over clothes OK; remove bulkier clothing)
- ✓ **Not for small children.** Can squeeze the limb to stop blood flow for smaller child.

Commercial tourniquet:

- 1. Buckle strap around limb; velcro securely**
- 2. Twist rod until blood stops; rod parallel to limb**
- 3. Secure rod in cupped area**
- 4. Label with the time**

Improvised tourniquet

- 1. Wrap** strap around limb, starting on the top of limb, bring around and **tie** knot
 - a. **Strap: 2-3" wide, 18"+ long material, flexible and strong** (e.g., fabric, belt)
- 2. Put a sturdy stick or similar rod (5" – 8") through the knot**
- 3. Twist rod until blood stops, and it is parallel to limb.**
- 4. Secure rod in place** by wrapping ends of strap against each end of the rod to stabilize it. Secure with a knot.
 - a. Check: **NO PULSE** at wrist (or ankle)
 - b. **Expect it will be very uncomfortable**
- 5. Write time/date when tourniquet applied** -write on tourniquet or on limb
- 6. Do not remove a tourniquet once applied, without professional care**
- 7. Place a second tourniquet** if bleeding does not stop.
- 8. Treat for Shock** (warmth, elevate feet; keep clean, covered). **Seek professional care**