

Tourniquet

PM 3-4; IG: 3-7, 8

YOU HAVE 2-4 MINUTES

Check site for safety * Gloves (PPE) * Call 911 (better: get someone else to call & meet)

Place tourniquet 2-3" above wound or as high on **arm/ leg** as possible, **not on joint or torso** (over thin clothes OK; remove bulkier clothing)

Commercial tourniquet:

Place strap around limb & buckle. Twist rod until blood stops.

Secure rod in rod clip. Write time

Improvised tourniquet*:

Strap: Use **flexible, strong material ~18"+ long, ~2-3" wide** (fabric, wide belt, etc)

Sturdy rod/ windless, e.g., wood/ metal dowel, **~5-7" long, ~1/2" wide.**),

1. **Wrap** around limb, starting on the top of limb, bring around & **tie ½ knot.**
 2. **Place rod** on ½ knot, parallel to limb. **Complete knot** around rod.
 3. **Twist rod until blood stops- several revolutions, ending parallel to the limb.**
 4. **Secure rod in place,** by wrapping ends of strap to counter the rod from untwisting, **then knot the strap ends.**
 5. **Write time/date** when tourniquet applied! (write on tourniquet or on limb)
- Expect it will be greatly **uncomfortable** for patient. Inform them.
 - **Check for PULSE** (shouldn't detect a pulse below the tourniquet) **If bleeding does not stop, place a second tourniquet.**
 - **Elevate wound, and Treat patient for Shock** (keep warm, etc.)
 - **Do not remove a tourniquet once applied, without professional care**
 - **Not for small children.** Can squeeze the limb to stop blood flow for smaller child.

* QUICK VIDEO (MP4) demo on placing improvised tourniquet:

<https://sunnyvaleserv.org/dl/serv-private/cert-training/training-videos/Improvised%20tourniquet2.MP4>