

SKILLS

TOURNIQUET APPLICATION (S06)

FR/EMR

EMT

PARAMEDIC

A tourniquet may be used to control potentially fatal hemorrhage only after other means of hemorrhage control have failed.

Precautions

- A tourniquet applied incorrectly can increase blood loss.
- Applying a tourniquet can cause nerve and tissue damage even when applied correctly.
- Injury due to tourniquet is unlikely if the tourniquet is removed within 2 hours. In cases of life threatening bleeding, benefit outweighs potential risk.
- A commercially made tourniquet is the preferred tourniquet. If none is available, a blood pressure cuff inflated to a pressure sufficient to stop bleeding is an acceptable alternative.
- Other improvised tourniquets are not allowed.

Technique

- First, attempt to control hemorrhage by using direct pressure over bleeding area. If a discrete bleeding vessel can be identified, point pressure over bleeding vessel is more effective than a large bandage and diffuse pressure.
- The tourniquet should be applied onto bare skin to prevent slipping.
- Place the tourniquet as low on the limb as possible, above the wound and above the joint.
- A 2nd tourniquet may be placed just above the first if bleeding is not controlled with a single tourniquet. If treating an extremity amputation, the 2nd tourniquet can be placed just above the wound.
- The tourniquet is tightened with the aim of stopping a distal pulse.
- The tourniquet is clearly marked including time and date of application.



EFFECTIVE: 11-01-2015