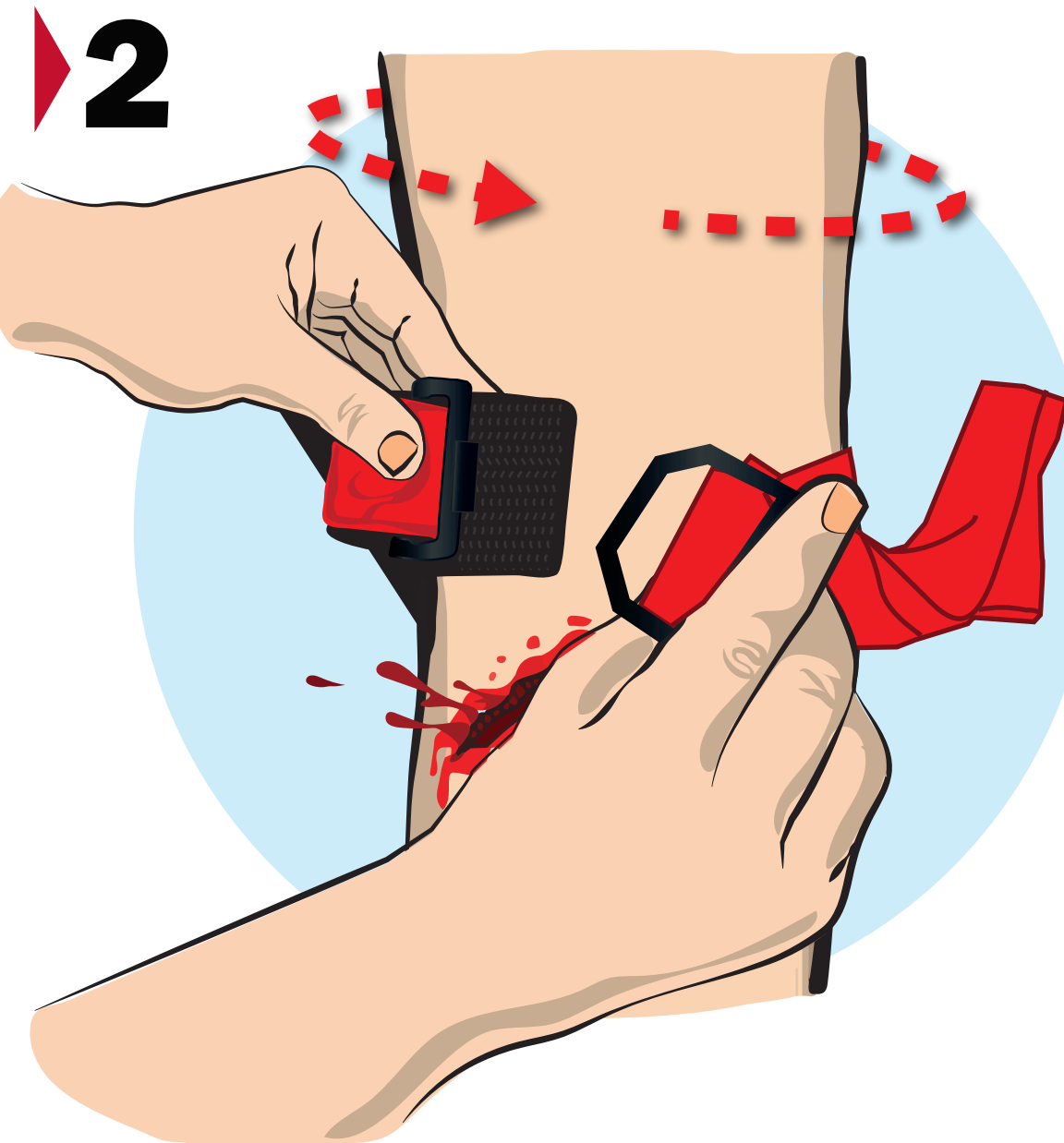
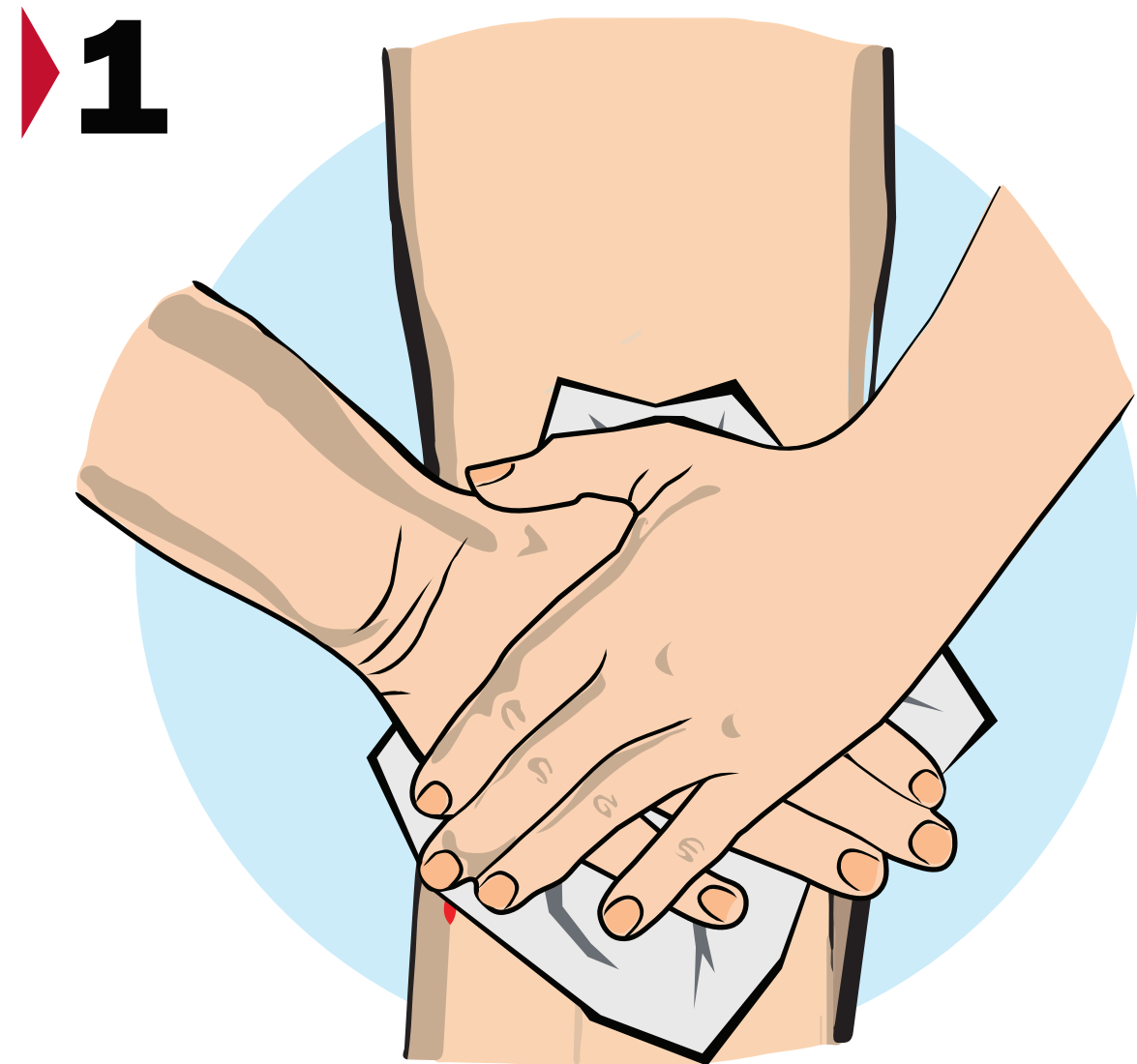


Applying a Tourniquet

A wound on the leg or arm that won't stop bleeding is a good candidate for a tourniquet.

Step 1: Stop the bleeding. Now!

Expose the wound. Tear clothing away. Immediately apply firm, direct pressure to the wound using gauze, clean cloth, an elbow, hand, or knee — whatever it takes to slow or stop the hemorrhage. If the pressure does not stop the bleeding, and the dressing becomes soaked with blood, you will need to apply a tourniquet.

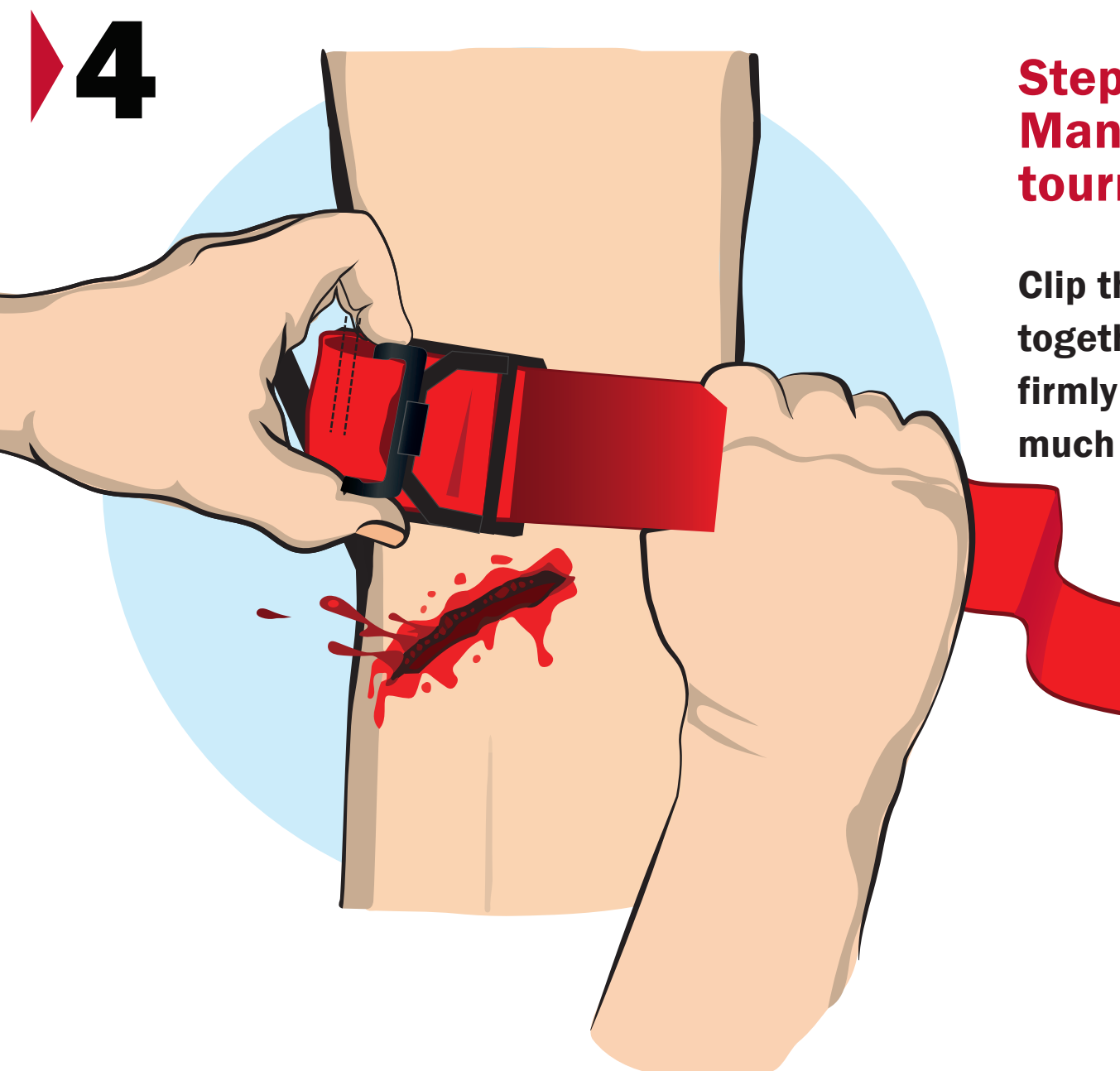
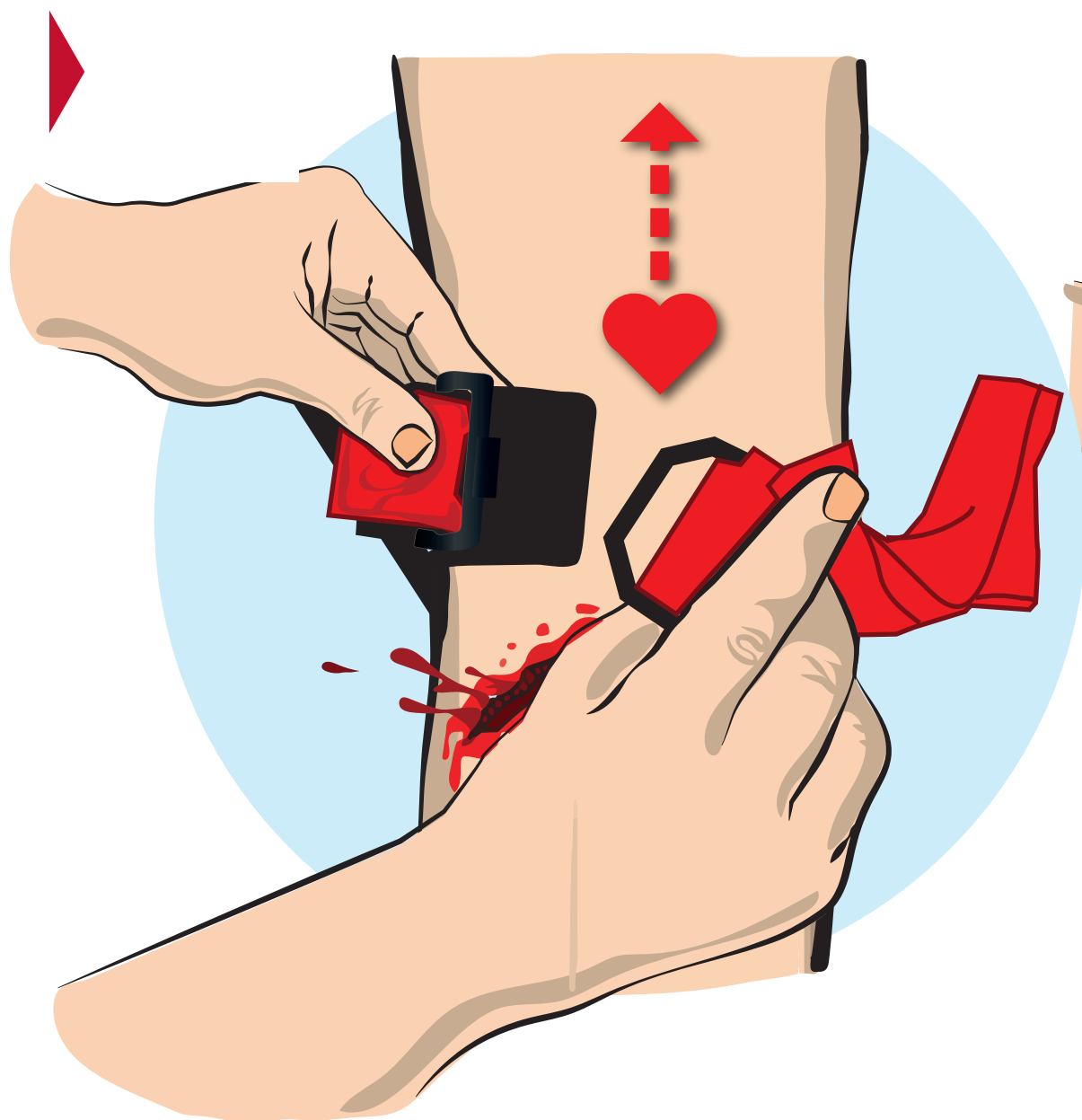


Step 2: Apply the Tourniquet

If the bleeding doesn't stop, place a tourniquet at least 2-3 inches from the wound. The tourniquet may be applied and secured over clothing.

Step 3: Adjust the tourniquet.

Be sure the tourniquet is at least 2-3 inches from the wound. The tourniquet should be placed between the wound and the heart. Do not apply a tourniquet over a joint, such as an elbow, knee, wrist, or ankle. (Joints protect blood passageways and prevent the pressure needed to stop an arterial bleed.)

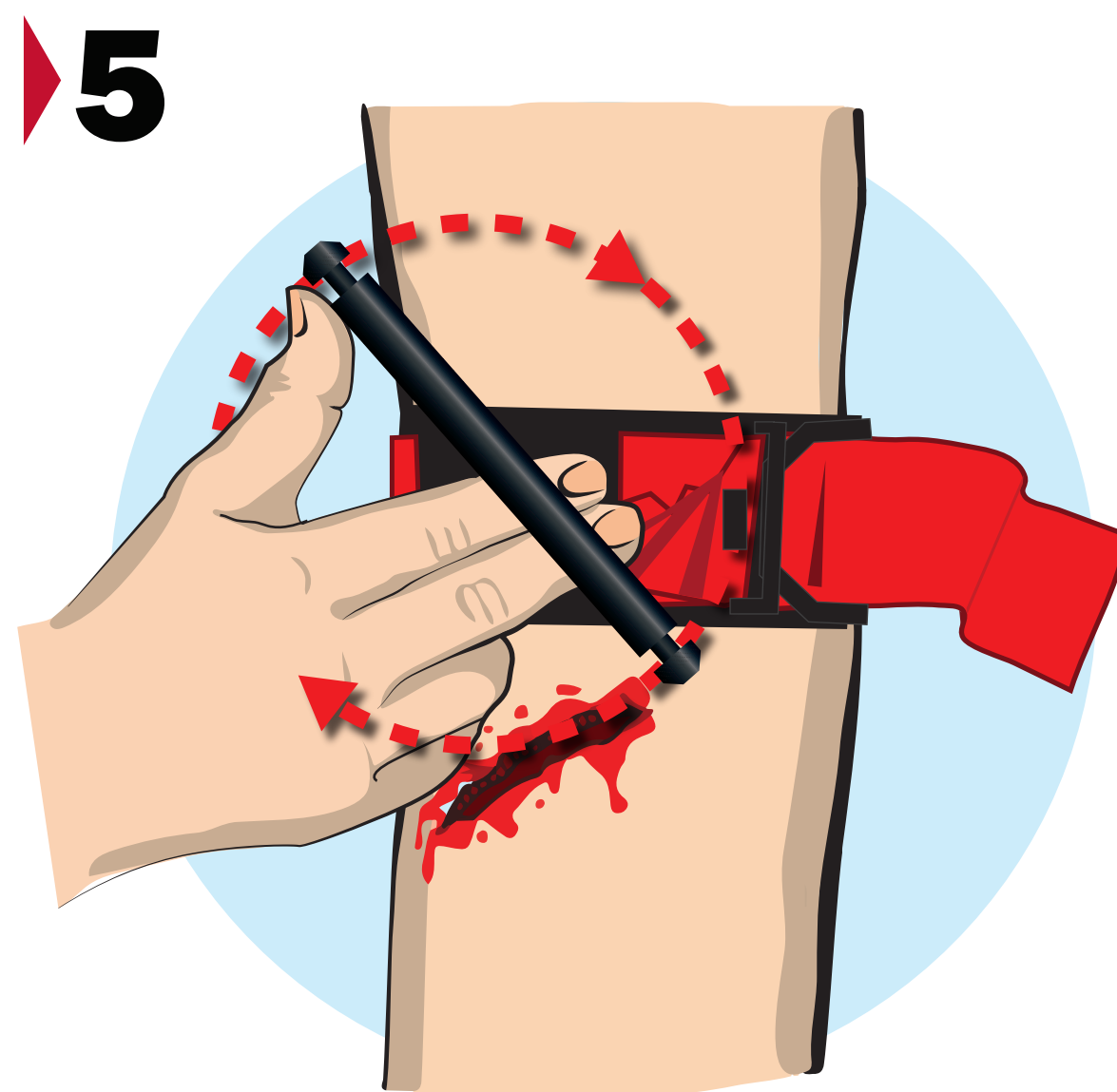


Step 4: Manually tighten the tourniquet

Clip the sides of the tourniquet together using the buckle and pull firmly on the end strap. Tighten it as much as you can.

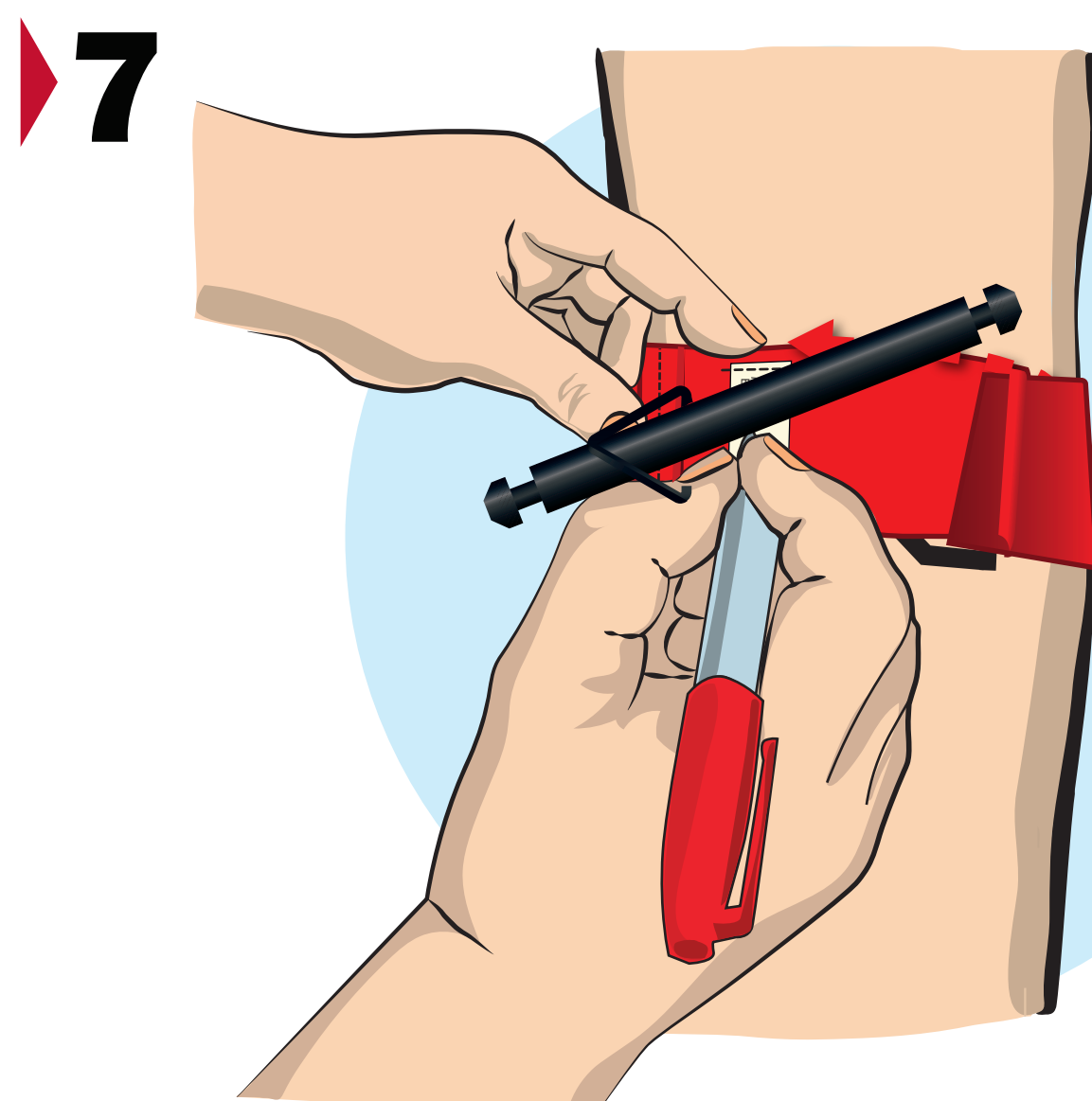
Step 5: Use the windlass rod to further tighten the tourniquet.

Twist the windlass rod in one direction to increase the pressure and stop the bleeding.



Step 6: Secure the windlass rod.

Using the windlass clip, secure the rod so that it does not unwind. If there is a velcro strap, also use that to secure the windlass.



Step 7: Make a note of the time.

Note the time that the tourniquet was applied. This is important because leaving a tourniquet on too long can cause damage to the tissue. A time-stamp will help care-givers know which patients to treat first.