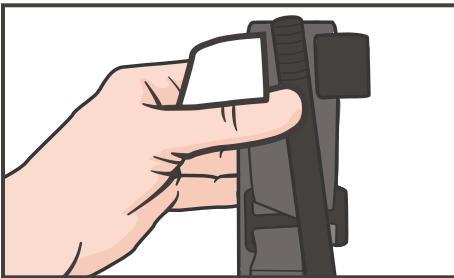
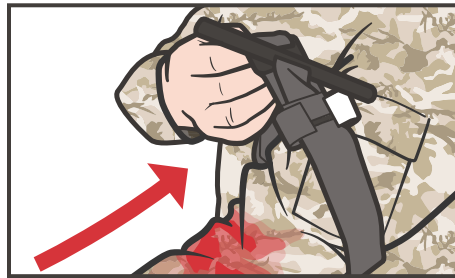


ONE-HANDED (WINDLASS) TOURNIQUET APPLICATION

CARE UNDER FIRE (CUF)



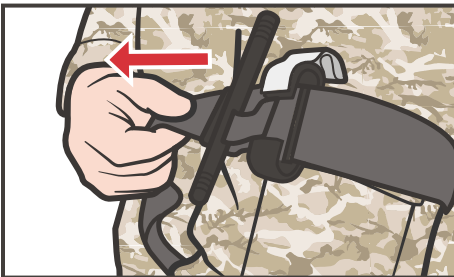
01 REMOVE tourniquet from the JFAK and/or carrying pouch.



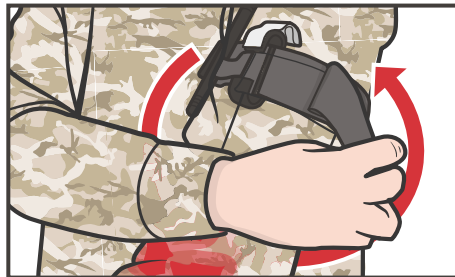
02 INSERT the wounded extremity through the loop of the self-adhering band.



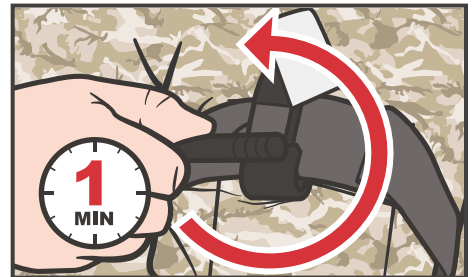
03 POSITION the tourniquet above the bleeding site, high on the extremity over the clothing/uniform.



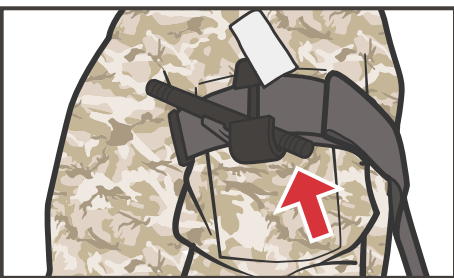
04a ENSURE all the slack in the band is pulled through the routing buckle before the band is fastened back on itself and the windlass is twisted.



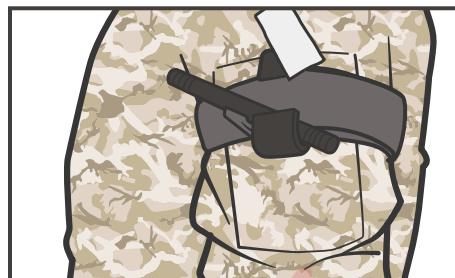
04b FASTEN the self-adhering band back on itself all the way around the limb, but not over the windlass rod clips.



05 TWIST the rod until bleeding has stopped (*complete steps 1-5 in under 1 min*).



06 LOCK the windlass rod in place with the windlass clip.



07 ROUTE the self-adhering band around the rod and between the clips.



08 SECURE with the windlass safety strap.

NOTE: Do not document tourniquet application time until the Tactical Field Care phase.



09 If no other major bleeding is present, **MOVE TO COVER**.