

COMBAT APPLICATION TOURNIQUET INSTRUCTION

TASK:	Apply a tourniquet to a casualty
CONDITION:	Given a trauma casualty with life-threatening extremity bleeding and a tourniquet
STANDARD:	Demonstrate the proper application of a tourniquet and control bleeding in accordance with CoTCCC Guidelines.
EQUIPMENT:	First aid kit with tourniquet, and part-task trainer or a training buddy

PERFORMANCE MEASURES: Step-by-step instructions.

- 01** Remove the CAT tourniquet from the First Aid Kit or its carrying pouch.
- 02** **SLIDE** the injured arm or leg through the loop of the Self-Adhering Band. This can be applied with one hand on yourself (one-handed self-application) or using two hands when performing on another casualty.
NOTE: If using two-hands, wrap the Self-Adhering Band around the extremity and pull the free end through the slit of the Routing Buckle, and fasten back on itself. If applying to a leg wound, it may be helpful to wrap the Self-Adhering Band around the leg, then route through the Routing Buckle to form a loop, instead of trying to slide a pre-looped band over the foot and up the leg.
- 03** **POSITION** the Self-Adhering Band above the wound site; leave at least 2-3 inches of uninjured skin between the tourniquet and the wound. If there is a lot of blood and the bleeding site is not identifiable, place at the highest point of the extremity closest to the torso/body, over the clothing.
NOTE: For proper application, the Windlass Clip/Windlass Rod should be situated on the outside of the body (not inside the armpit or groin area). Do not place a tourniquet over a joint (knee, elbow, wrist).
- 04** **PULL** the free end of the Self-Adhering Band around the extremity as tightly as possible (critical step), and securely fasten the band back on itself.
NOTE: All the slack must be removed from the Self-Adhering Band before tightening the Windlass Rod. The band should be tight enough so that the tips of three fingers can't slide between the band and the extremity. Do not adhere the band past the Windlass Clip.
- 05** **TWIST** the Windlass Rod to tighten the band until the bleeding has stopped. Check for pulse in the arm/leg to which a tourniquet has been applied farther out on the limb than the tourniquet. If arterial blood flow has stopped, the pulse should not be felt.
*NOTE: Stop the bleeding within **1 minute** from the time you start applying the tourniquet.*
LOCK the Windlass Rod inside the Windlass Clip to secure it and keep the band from untwisting.
- 06** **RE-CHECK** to make sure that the bleeding has not started again, and the pulse is still absent.
NOTE: If bleeding is not controlled or the pulse is still present, remove the Windlass Rod from the clip, tighten the Windlass Rod further until the bleeding and/or pulse is absent, and re-position the Windlass Rod back inside the clip.
- 07** **ROUTE** the Self-Adhering Band between the clips and around the rod.
- 08** **SECURE** the Windlass Rod and Self-Adhering Band under the Windlass Safety Strap.
NOTE: Pull the band backwards through the Windlass Clip, and then back around the Windlass Rod, if possible. Fold the Windlass Safety Strap over the top of the clip and adhere to the Velcro on the Windlass Clip. It is important to secure the Windlass Rod with the Safety Strap before moving the casualty.
*NOTE: The tourniquet application process should be completed within **3 minutes** (from start to finish).*
- 09** **WRITE** the time of tourniquet application on the Windlass Safety Strap (and a DD1380 Tactical Combat Casualty Care (TCCC) Card or forehead).
- 10** **COMMUNICATE** your findings and any medical aid provided to medical personnel.
NOTE: It is important to continuously reassess tourniquet effectiveness every 2-5 minutes and tighten as needed to control bleeding. Once applied, do not loosen or remove the tourniquet.