

SCHOOL OF HEALTH PROFESSIONS
UT HEALTH SCIENCE CENTER
DEPARTMENT OF EMERGENCY HEALTH SCIENCES




See Something . . . Do Something

Tourniquet Training

- Provide participants with bleeding control information
- Provide participants with methods for controlling bleeding when direct pressure not effective


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Objectives


- At the end of this program you should be able to:
 - Discuss techniques for **bleeding control**
 - Define **indications** and contraindications for tourniquet use
 - Demonstrate **tourniquet application** process

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Bleeding control

- **Direct pressure**
- **Packing & Pressure dressing**
(if available)
- **Tourniquet**



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Indications

Bleeding from an extremity that cannot be controlled with direct pressure, packing or pressure dressing

“If it won’t quit – **tourniquet**”


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Contraindication

There are **NO contraindications for tourniquet application on an extremity** when faced with life threatening bleeding

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Bleeding that requires a tourniquet



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FACT . . . tourniquets are NOT for every injury



“BUT...if it won't quit – **tourniquet**”

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Application (1 of 2)

- High or Die
- Turn and Confirm
- Look or Lose

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Application (2 of 2)

- Expose extremity & keep exposed
- Tighten to STOP bleeding
- Document application time
 - Write on patient (SHARPIE)
- Tourniquet should NOT be placed on
 - Joint (knee or elbow)
 - Over an impaled object (DO NOT remove impaled objects)

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