

# TOURNIQUETS

## OVERVIEW:

Tourniquets are an effective means of arresting life-threatening external haemorrhage from limb injury. Their use has not previously been accepted practice for pre-hospital civilian trauma care because of significant concerns regarding the potential complications. However, in a few rare situations tourniquet application will be necessary and life-saving..

## INDICATION:

- ❑ Life threatening bleeding from an extremity wound that is not controllable by direct pressure
- ❑ Life threatening bleeding from a complete or nearly complete amputation proximal to the hand or foot.

## CONTRAINDICATIONS:

- ❑ N/A

## PROCEDURE:

- |            |  |            |
|------------|--|------------|
| <b>EMR</b> | <ul style="list-style-type: none"><li>❑ Remove clothing to expose the extremity and bleeding site.</li><li>❑ Apply tourniquet just proximal to the bleeding wound.</li><li>❑ Tighten tourniquet via manufactures procedure just tight enough to occlude arterial blood flow.</li><li>❑ Note time of tourniquet application</li><li>❑ Monitor for return of significant bleeding.</li></ul> | <b>EMR</b> |
|------------|--|------------|

## CONSIDERATIONS:

- ❑ Only firm, wide band commercial tourniquets should be used.
- ❑ Document the time of tourniquet application and the application site.
- ❑ Notify the receiving hospital as soon as possible that a tourniquet has been applied.
- ❑ Do Not loosen a Tourniquet after application
- ❑ The tourniquet is to be removed only under the supervision of a physician.