OPTIONAL MODULE
Using a Tourniquet

Lesson Length: 25 minutes

GUIDANCE FOR THE INSTRUCTOR
To complete this lesson and meet the lesson objectives, you must:

- Show the video segment, “Applying a Manufactured Tourniquet” (1:22).
- Conduct the appropriate Using a Manufactured Tourniquet skill-practice session(s) for the course being taught.
- Conduct the Lesson Wrap-Up.

LESSON OBJECTIVES
After completing this lesson, participants will be able to:

- Demonstrate how to control severe, uncontrollable external bleeding using a manufactured tourniquet.

MATERIALS, EQUIPMENT AND SUPPLIES

- Tourniquets (commercially manufactured)
- Simulated limb(s) for demonstrating use of a tourniquet or trauma manikin(s)
- First Aid/CPR/AED course presentation supplement

TOPIC: USING A MANUFACTURED Tourniquet

INSTRUCTION: Lecture

VISUAL AID: Presentation Slide F.1

REFERENCE: PM, page 109

Instructor’s Note: Conduct this optional module after Lesson 7: Soft Tissue Injuries.

1. If the bleeding is not controlled by direct pressure alone, other methods of controlling bleeding may be considered and should be followed according to local protocols.
2. A tourniquet is a tight band placed around an arm or leg to constrict blood vessels in order to stop blood flow to a wound.
3. Tourniquets are used only as a last resort in cases of delayed care or situations where response from EMS personnel is delayed, when direct pressure does not stop the bleeding or you are not able to apply direct pressure.
4. Tourniquets rarely are necessary, but if one is needed to control bleeding, manufactured tourniquets are safer, more effective and preferred over makeshift devices.
5. If used, the tourniquet should be applied and kept in place continuously until more advanced medical personnel take over or the person reaches a medical facility.
USING A Tourniquet

INSTRUCTION: Video
1. Show the video segment, “Applying a Manufactured Tourniquet” (1:22).
2. Answer participants’ questions.

VISUAL AID: Course Presentation Slide F.2

OPTIONAL: USING A MANUFACTURED Tourniquet Skill Session

INSTRUCTION: Watch然后 Practice
VISUAL AID: Presentation Slide F.3

Instructor’s Note: Always follow standard precautions and CALL more advanced medical personnel. Always follow the manufacturer’s instructions when applying a tourniquet.

Whenever possible, practice this skill by applying the tourniquet to a simulated limb. DO NOT allow participants to practice this skill on each other. When using a commercial tourniquet, follow manufacturer’s instructions.

To make a simulated limb, wrap two layers of carpet padding around a 3-inch diameter piece of PVC pipe that has been cut to about 16 inches in length. Cover the carpet padding by wrapping it in flesh-colored self-adhesive bandaging. Cut away one pant leg from an old pair of jeans or slacks and slide it over the simulated limb. To make the simulated limb more realistic, make a rip in the pant leg and simulate an injury using moulage techniques.

Closely monitor skill practice to ensure that participants are correctly following all manufacturer’s instructions and steps outlined in the skill chart. Inform participants when they have tightened the tourniquet sufficiently to stop the bleeding.

1. Ask participants to find a partner (or divide them into small groups if the number of training devices is limited) and guide them as a group through the steps listed on the skill chart.
2. Have partners (or groups) practice the skill using a simulated limb or trauma manikin, if available.

Lesson Wrap-Up

VISUAL AID: Presentation Slide F.4

1. What is the definition of a tourniquet?
   Answer: A tourniquet is a tight band placed around an arm or leg to constrict blood vessels to stop blood flow to a wound.

2. When should a tourniquet be applied?
   Answers: Responses should include the following:
   - Only as a last resort in cases of delayed care.
   - In situations where response from emergency medical services (EMS) personnel is delayed.
   - When direct pressure does not stop the bleeding.
   - When you are not able to apply direct pressure.

3. If you are applying a tourniquet for a leg wound at the middle of the thigh, should you position the tourniquet 2 inches from the wound and toward the person’s knee or 2 inches from the wound and toward the person’s waist?
   Answer: Position the tourniquet around the limb, approximately 2 inches (about 2 finger widths) above the wound but not over a joint, in this case toward the person’s waist.
### Optional Skills Practice—Using a Manufactured Tourniquet

#### Skill Chart

<table>
<thead>
<tr>
<th>Using a Manufactured Tourniquet</th>
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<tbody>
<tr>
<td>1. Position the tourniquet around the limb, approximately 2 inches (about two finger widths) above the wound but not over a joint.</td>
</tr>
<tr>
<td>2. Route the tag end of the strap through the buckle, if necessary.</td>
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<tr>
<td>3. Pull the strap tightly and secure it in place.</td>
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<tr>
<td>4. Tighten the tourniquet by twisting the rod until the flow of bleeding stops and secure the rod in place. Do not cover the tourniquet with clothing.</td>
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<tr>
<td>5. Note and record the time that you applied the tourniquet and give this information to more advanced medical personnel.</td>
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