



Applying a Tourniquet

Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
			✓	✓	✓	✓

Steps

Ensure you are always wearing proper PPE before performing the skill.

1. Apply a tourniquet 5 to 10 cm (2 to 4 in.) above the injury. If there is a joint within this range, apply the tourniquet above it, at least 2.5 cm (1 in.) away from the joint.
2. Tighten the tourniquet until the bleeding stops.
3. Secure the tourniquet in place.
4. Document the time the tourniquet was tightened.

Organizational/local protocol for _____ :

Skill Notes

- You should apply a tourniquet only for initial care, during situations when you are unable to use standard hemorrhage control (i.e., a mass casualty incident, injury in an environment that becomes unsafe, a patient hemorrhaging blood from a wound that cannot be accessed).
- A commercially manufactured tourniquet is preferred over an improvised device.
- Continue to apply direct pressure to the wound, if possible.
- Once a tourniquet is in place, you should not remove it for any reason.
- A patient with a tourniquet applied should always be in the rapid transport category.