



# Amherst Fire District Procedure

## Tourniquet Application

### **Clinical Indications:**

- Uncontrollable life threatening bleeding

### **Procedure:**

1. Attempt direct pressure, pressure dressings, elevation and pressure to control hemorrhage.
2. If the above methods fail to control life threatening bleeding, apply tourniquet 5 – 10 cm. above sight of bleeding (not on a joint).
3. Tighten tourniquet until bleeding has been controlled.
4. Secure tourniquet in place.
5. Note time tourniquet was applied and tape to tourniquet.

### **Special Considerations:**

1. Ensure that the tourniquet is at least 2.5 cm. wide
2. While tightening tourniquet ensure that arterial pressure is stopped and not just venous pressure
3. Tourniquet should be left uncovered to monitor site for recurrent hemorrhage.

### **Certification Requirements:**

- Successfully complete an annual skill evaluation inclusive of the indications, contraindications, technique, and the possible complications of the procedure.