

## P200 LFD PROCEDURE PROTOCOL: TOURNIQUET PROTOCOL

### Indications

- A. A tourniquet should be used for initial control of life threatening hemorrhage.

EMT	AEMT
EMT-I	Paramedic

### Precautions

- A. In cases of life threatening bleeding, benefit of tourniquet use outweighs any theoretical risk of limb ischemia.
- B. A commercially made tourniquet is the preferred tourniquet. If none is available, a blood pressure cuff inflated to a pressure sufficient to stop bleeding is an acceptable alternative.

### Technique

- A. First attempt to control hemorrhage by using direct pressure over bleeding area.
- B. If a discrete bleeding vessel can be identified, point pressure over bleeding vessel is more effective than a large bandage and diffuse pressure.
- C. If unable to control hemorrhage using direct pressure, apply tourniquet according to manufacturer specifications and using the steps below:
1. Cut away any clothing so that the tourniquet will be clearly visible. NEVER obscure a tourniquet with clothing or bandages.
  2. Apply tourniquet proximal to the wound and not across any joints.
  3. Tighten tourniquet until bleeding stops. Applying tourniquet too loosely will only increase blood loss by inhibiting venous return.
  4. If bleeding is not controlled with the application of a single tourniquet, a 2<sup>nd</sup> can be applied adjacent to the 1<sup>st</sup>.
  5. Mark the time and date of application on the patient's skin next to the tourniquet.
  6. Keep tourniquet on throughout hospital transport – a correctly applied tourniquet should only be removed by the receiving hospital.
  7. Pain management is needed.