



**REGION 11  
CHICAGO EMS SYSTEM  
PROCEDURE**

Title: Tourniquet Application
Section: Trauma Management
Approved: EMS Medical Directors Consortium
EMS Level: BLS/ALS

## **TOURNIQUET APPLICATION**

### INDICATIONS

- Life threatening extremity hemorrhage not controlled by pressure dressing.

### CONTRAINDICATIONS

- None

### EQUIPMENT

- Combat Application Tourniquet (CAT)

### PROCEDURE

1. Apply personal protective equipment: gloves.
2. For extremity injury amenable to tourniquet placement, if direct pressure/pressure dressing is ineffective or impractical, apply a tourniquet.
3. Route the band around the limb, pass the tip through the slit of the buckle.
4. Place the tourniquet 2-3 inches proximal to the wound (not over the joint) directly to skin.
5. Tighten band so that three fingers cannot be slid between the band and limb, otherwise re-tighten and re-secure.
6. Twist the rod until the bleeding has stopped.
7. Secure the rod inside the clip and lock it into place.
8. Check for bleeding and distal pulse. If bleeding not controlled or distal pulse is present, tighten tourniquet. If bleeding not controlled, place second CAT above and side by side to first.
9. Route the band between the clips and over the rod. Secure rod and band with TIME strap.
10. Record time of tourniquet application on TIME strap.
11. Reassess frequently for bleeding.
12. Pain assessment and management as indicated
13. Inform subsequent medical providers of tourniquet placement location and time of application.