

SIMPLE STEPS TO APPLY A TOURNIQUET



1. HANDS = APPLY PRESSURE



2. HANDS = APPLY DRESSING & PRESS



3. APPLY TOURNIQUET

- INJURY ANYWHERE ON ARM? PLACE **HIGH** AT **ARMPIT**
- INJURY ANYWHERE ON LEG? PLACE **HIGH** AT **CROTCH**



4. CINCH & TWIST TIGHT

- TURN WINDLASS UNTIL BLEEDING **STOPS** & SECURE WINDLASS
- CALL 911 & **KNOW** YOUR LOCATION



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