

Tourniquet / Pressure Dressing

Designation of Condition: Control of bleeding will be established to prevent hemorrhagic [shock](#) from developing.

TOURNIQUET MANAGEABLE WOUND (EXTREMITY):

- If the wound cannot be controlled by direct pressure and perfuse bleeding persists, apply a temporary tourniquet to control bleeding (e.g., commercial tourniquet, BP cuff)
- Procedure and contraindications noted below

NON-TOURNIQUET MANAGEABLE WOUND (PELVIC TRIANGLE, UPPER TORSO):

- Attempt to sweep blood with gloved hand and/or absorb as much blood as possible with a large dressing to locate the source of the bleeding
- Pack the wound with gauze (e.g. standard or hemostatic impregnated), ensuring to keep direct pressure at the source of bleeding during procedure
- Wrap the location with a pressure dressing (e.g. H-bandage or Israeli dressing) or use manual pressure for a minimum of 3 min before reevaluating the wound for bleeding

CONTRAINDICATIONS TO THE USE OF A TOURNIQUET:

- Non-extremity hemorrhage
- Proximal extremity location where tourniquet application is not practical

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PROCEDURE OF APPLYING A TOURNIQUET:

- Place tourniquet proximal to wound, the best points of application are high on the upper arm under the axilla for brachial arteries and high on the upper thigh within the groin area for femoral arteries
- Tighten per manufacturer instructions until hemorrhage stops and/or distal pulses in affected extremity disappear
- Secure tourniquet per manufacturer instructions
- Note time of tourniquet application and communicate this to receiving care providers
- Dress wounds per standard wound care protocols
- If delayed or prolonged transport and tourniquet application time >45 minutes: consider reattempting standard hemorrhage control techniques and loosen but leave tourniquet around extremity.
 - If perfuse bleeding occurs when the tourniquet loosens, retighten tourniquet and keep in place
- If one tourniquet is not sufficient or not functional to control hemorrhage, consider the application of a second tourniquet more proximal to the first
- Application of tourniquets will initiate each agency's Quality Assurance review process
 - Document time applied
 - Re-evaluate every 5 minutes