

Tourniquet Application

Module 14: Instructional Video A

Purpose

The Centers for Disease Control and Prevention (CDC) developed a basic course that will assist CDC employees develop skills that will help prevent or minimize the impact of a life-threatening emergency medical event. This course, the Safety, Security, and Resiliency Training (SSRT), included lessons covering topics such as how to use tools typically found in an Individual First Aid Kits (IFAK), avoid heat stress and foodborne illnesses, build psychological resilience, and implement security precautionary measures for a variety of situations faced by deployers.

In Lesson 5 of the Safety, Security, and Resiliency Training (SSRT), the learners receive basic Tactical Medicine (TACMED) training. This lesson focuses on how the learner can quickly respond to a situation and provide pre-hospital care to an injured party. Specifically, TACMED training focuses on the unique patterns and types of wounds that casualties incur in hostile or austere environments, such as gunshot wounds and massive hemorrhaging. At the conclusion of the lesson, the goal is that the learners will have gained the knowledge and skills necessary to help prevent the loss of their life, or the life of another, while in a domestic, deployed, or austere location with limited equipment, lack of medically trained personnel, and/or prolonged time to evacuation.

Target Audience

Center for Disease Control and Prevention (CDC) employees, CDC contractors, and other government personnel who may travel or deploy to domestic, international, or austere locations.

Learning Objective

Given a scenario, the learner will recognize life-threatening injuries and, using tactical medicine strategies, apply the appropriate techniques to save life or limb.

Instructional Video Overview

This video will focus on the technique of applying a tourniquet to an individual that has been identified as someone suffering for a massive hemorrhage to an extremity. The video will cover key information that the learner must possess prior to applying a tourniquet, such as the types of tourniquets found in the IFAK, the components of a tourniquet, and items that could be used for an improvised tourniquet.

Due to the sensitivity and graphic nature of the subject matter, portions of the training may be better illustrated through the use of animation and humor, such as using ketchup in lieu of blood paste and employing over-dramatic actors.

APPLYING A TOURNIQUET

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Storyboard by Victoria Elder

01



Shot: Long, Establishing Shot

- Set the scene of being a first responder at a motor vehicle accident

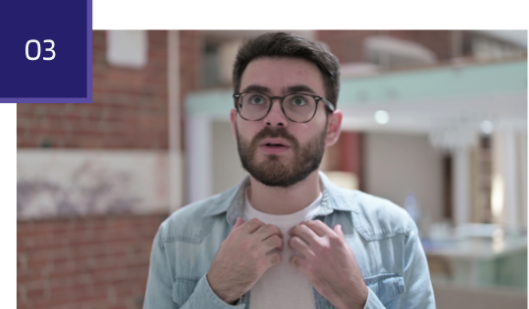
02



Shot: Extreme Close Up

- See an indication that there's been an injury as a result of the accident

03



Shot: Medium Closeup

- Looking around and realizing you are alone/first person on the scene

04



Shot: Medium

- Casualty on the ground bleeding
- Need to stop the bleeding, but how?

05



Shot: Close Up

Introduce the Individual First Aid Kit (IFAK) and tourniquet

06



Shot: Close Up

- Review the components of the tourniquet
 - Strap, Windlass, and Lock

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07



Shot: Long Shot

- Improvised tourniquet - what are some items that can be used?
- footage of shoe, seatbelt, rod, scarf, etc.

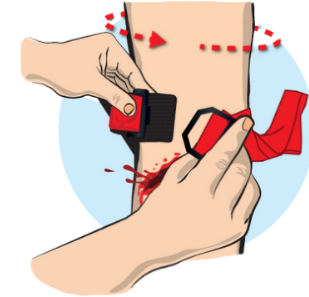
08



Shot: Medium Close-Up

- Steps of applying tourniquet
- Apply pressure to the wound

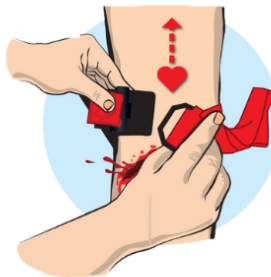
09



Shot: Medium Close Up

- Show tourniquet being placed on the extremity and twisting to stop the bleed
- Apply the tourniquet

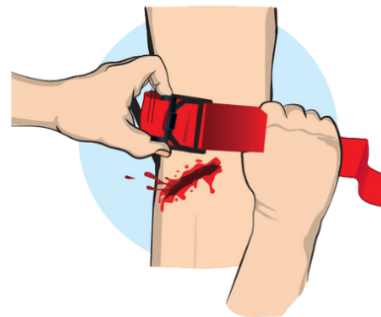
10



Shot: Medium Close-Up

- Adjust /tighten the strap (secure around extremity)

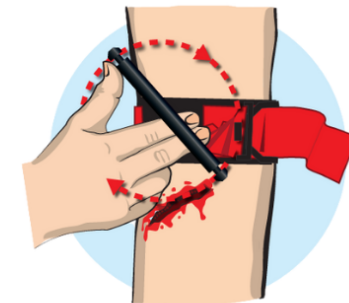
11



Shot: Medium Close-Up

- Adjust /tighten the strap (pull)

12



Shot: Medium Close-Up

- Use the windlass to tighten the tourniquet

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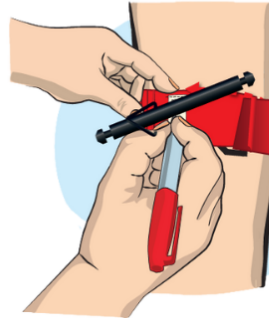
13



Shot: Medium Close-Up

- Secure the windlass using the lock

14



Shot: Medium Close-Up

- Annotate the time on the tourniquet or even the forehead, with a sharpie.
- No sharpie - use blood on forehead

15



Shot: Medium Close Up

- Do not remove the tourniquet
- Attend to other wounded
- If bleeding continues, add 2nd tourniquet

16



Shot: Long shot

- Emergency responders on scene, taking injured away

17



Shot: Very Long Shot

- Ambulance driving away

18



Shot: Medium Close-Up

- Breathe. It was just a fender bender this time but if it was worse, you'd be prepared