

# Clyde Emergency Departments Limb tourniquet user guide

Stephen Hearn July 2009

<b>Storage</b>	This is an expensive piece of equipment, it should be returned to the locked drug cupboard in the staff area immediately after use. Please ensure that it is charged before returning to storage.
<b>Contraindications</b>	Peripheral vascular disease, sickle cell disease, severe hypertension, friable skin, SLE.
<b>Cuff position</b>	Avoid bony prominences and where nerves run over joints Mid humerus, mid forearm mid thigh, mid calf are acceptable.
<b>Application</b>	Apply velband under the tourniquet. Two layers are sufficient. Elevate limb compressing proximal artery, eg brachial artery, for one minute prior to inflation. The tube connection should face away from the patient. Use the ties to secure the tourniquet.
<b>Tourniquet pressure</b>	Pressure should be 100mmHg above the patient's systolic blood pressure. The default pressure on the machine is 250 mmHg; this should be reset to the required pressure before inflation.
<b>Tourniquet time</b>	In the ED setting the maximum tourniquet time should be 20 minutes. The default time on the machine is 60 minutes; this should be reset to 20 minutes before inflation.
<b>Deflation</b>	Press and hold the deflate button to deflate. The tourniquet and velband should be removed immediately following deflation.