

Sometimes a wound will bleed so much that ----- pressure will not stop or slow the bleeding. In this case, a ----- is needed. This is a device that wraps around an arm or leg very ----- and stops large amounts of blood loss.

These steps are for using a ----- tourniquet, which is made up of two parts; a strap and an item that looks like a stick. This is called a -----.

Rearrange the steps using letters A-C.

Wrap the strap around 5cm above the wound.



Make a note of the time when you applied the tourniquet

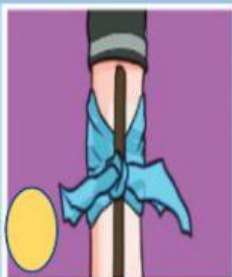


Tighten it using the windlass.



If a pre-made tourniquet is not available, it is easy to make a ----- one by using a cloth and a stick, or another object.

Rearrange the steps using letters 1-5.



Tie the ends of the bandage around the stick. Then turn it to tighten the bandage/cloth



Create another knot at the top of the tourniquet to hold the stick in place



Fold a long cloth or bandage so it is at least 2.5cm wide



Make a note of the time when you applied the tourniquet and leave it in place until help arrives.



Wrap the bandage around 5cm above the wound and place the windlass at the middle