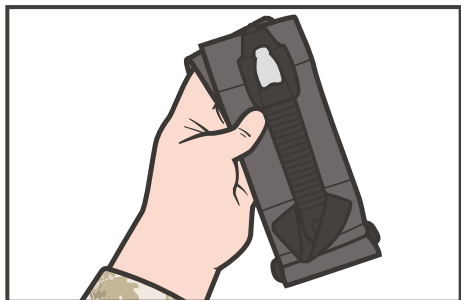


# ONE-HANDED (RATCHET) TOURNIQUET APPLICATION CARE UNDER FIRE (CUF)



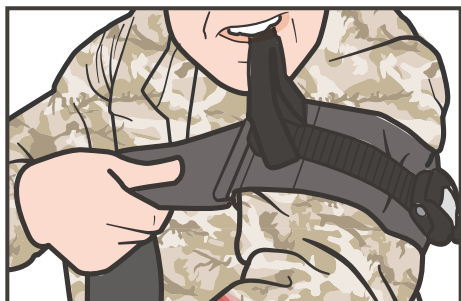
**01 REMOVE** tourniquet from the JFAK and/or carrying pouch.



**02 INSERT** the wounded extremity through the loop of the tourniquet band.



**03 POSITION** the tourniquet above the bleeding site, high on the extremity over the clothing/uniform.



**04 GRASP** the tourniquet loop with your teeth (or if able lean against a hard surface) to prevent slipping when tightening.



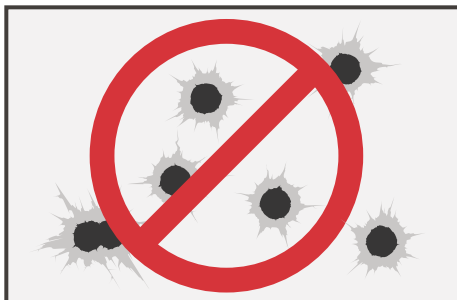
**05 TIGHTEN** the tourniquet strap as much as possible.



**06 LIFT** the lever arm of the ratcheting buckle and tighten by ratcheting the tourniquet until bleeding has stopped (*complete steps 1-6 in under 1 min*).



**07 LOCK** the ratchet on itself (it will click into place).



**08** If no other major bleeding is present, **MOVE TO COVER**.

**NOTE:** If bleeding is **not** controlled, continue to ratchet the maneuver device until bleeding has stopped.

**NOTE:** Do not document tourniquet application time until the Tactical Field Care phase.