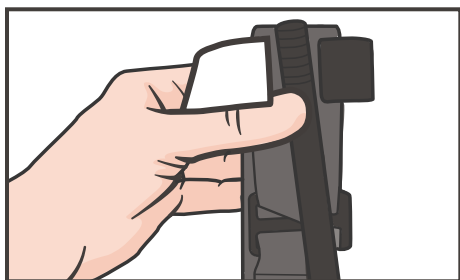
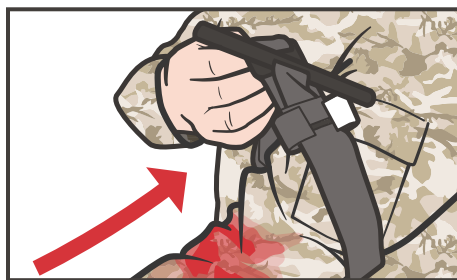


# ONE-HANDED (WINDLASS) TOURNIQUET APPLICATION

## CARE UNDER FIRE (CUF)



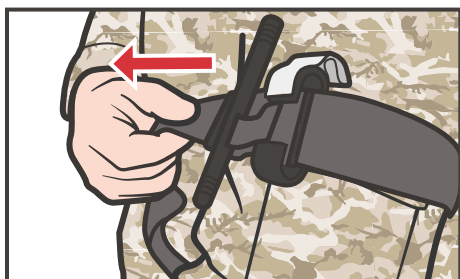
**01 REMOVE** tourniquet from the JFAK and/or carrying pouch.



**02 INSERT** the wounded extremity through the loop of the self-adhering band.



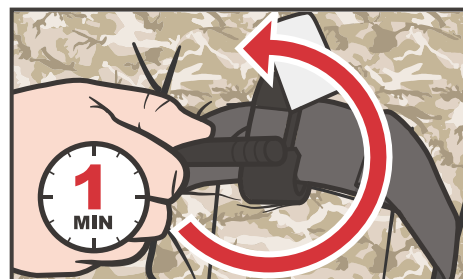
**03 POSITION** the tourniquet above the bleeding site, high on the extremity over the clothing/uniform.



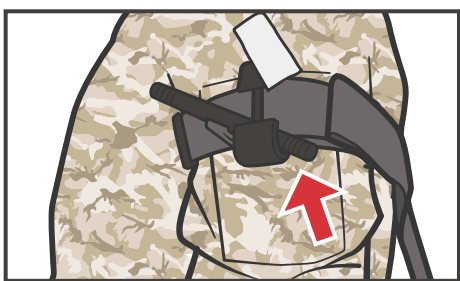
**04a ENSURE** all the slack in the band is pulled through the routing buckle before the band is fastened back on itself and the windlass is twisted.



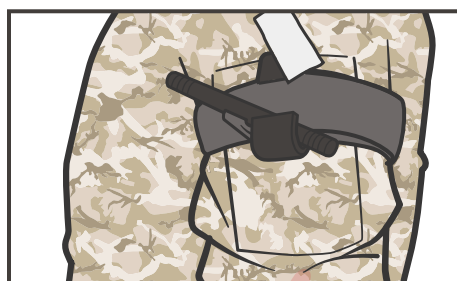
**04b FASTEN** the self-adhering band back on itself all the way around the limb, but not over the windlass rod clips.



**05 TWIST** the rod until bleeding has stopped (*complete steps 1-5 in under 1 min.*)



**06 LOCK** the windlass rod in place with the windlass clip.

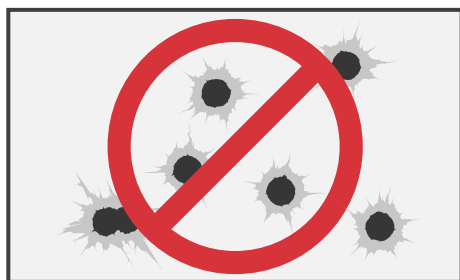


**07 ROUTE** the self-adhering band around the rod and between the clips.



**08 SECURE** with the windlass safety strap.

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



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