

## Skill Sheet 2

### Combat Application Tourniquet (C-A-T)

**Objective:** Demonstrate the proper application of a Combat Application Tourniquet

**References:**

PHTLS (Military Edition) Seventh Edition Elsevier, Mosby

**Evaluation:** Students will be evaluated as a Pass/Fail (P/F). The instructor will verify the student's ability to quickly and effectively apply a Combat Application Tourniquet to an extremity of him/herself or a fellow student by observing the student's procedure and technique.

**Materials:**

Student Checklists

Combat Application Tourniquets 24

Students perform on each other

**Instructor Guidelines:**

1. Provide each instructor with Student Checklists.
2. Ensure each student has all required materials.
3. Read the Learning Objective and the evaluation method to the student.
4. Explain the grading of the exercise.

**Performance Steps:**

1. Remove the C-A-T from the carrying pouch.
2. Slide the extremity through the loop of the Self-Adhering Band or wrap Self-Adhering Band around the extremity and reattach to friction adapter buckle.
3. Position the C-A-T above the wound; leave at least 2 inches of uninjured skin between the C-A-T and the wound.
4. Secure the C-A-T.
  - Pull the free running end of the Self-Adhering Band tight and securely fasten it back on itself (if applying to an arm wound). Do not adhere the band past the Windlass Clip.
  - If applying to a leg wound, the Self-Adhering Band must be routed through both sides of the friction adapter buckle and fastened back on itself. This will prevent it from loosening when twisting the Windlass Clip.
5. Twist the Windlass Rod until the bleeding stops. When the tactical situation permits insure the distal pulse is no longer palpable.

***INSTRUCTOR:** Monitor the distal pulse, and prompt the student when it is no longer palpable. Use care to not let the student over-tighten the C-A-T. If pain becomes too severe, discontinue the tourniquet application.*

6. Lock the rod in place with the Windlass Clip.

***NOTE:** For added security (and always before moving the casualty), secure the Windlass Rod with the Windlass Strap. For smaller extremities, continue to wind the Self-Adhering Band across the Windlass Clip and secure it under the Windlass Strap.*

7. Grasp the Windlass Strap, pull it tight and adhere it to the Velcro on the Windlass Clip.

8. Release and remove the tourniquet.
9. Note that on a real casualty, the date and time the C-A-T was applied would be recorded when tactically feasible.
10. Note that a wound to a real casualty would be dressed, and the casualty would be transported to definitive treatment as dictated by the tactical situation and TCCC guidelines.

### Control Bleeding using a Combat Application Tourniquet

Task	Completed		
	1st	2nd	3 <sup>rd</sup>
Removed the C-A-T from the carrying pouch.	P / F	P / F	P / F
Slide the wounded extremity through the loop of the Self-Adhering Band or wrap around extremity.	P / F	P / F	P / F
Positioned the C-A-T above simulated wound site; left at least 2 inches of uninjured skin between the C-A-T and the wound site.	P / F	P / F	P / F
Twisted the Windlass Rod until the distal pulse was no longer palpable.	P / F	P / F	P / F
Locked the rod in place with the Windlass Clip.	P / F	P / F	P / F
Grasped the Windlass Strap, pulled it tight and adhered it to the Velcro on the Windlass Clip.	P / F	P / F	P / F
Verbalized using a marker to draw a "T" on the casualty's forehead and recorded the date and time the C-A-T was applied.	P / F	P / F	P / F

**Critical Criteria:**

\_\_\_\_\_ Did not place the C-A-T 2-3 inches above the wound.

\_\_\_\_\_ Did not twist the Windlass Rod sufficiently to control the bleeding.

\_\_\_\_\_ Did not secure the CAT properly for an arm/leg wound.

**Evaluator's Comment**

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Evaluator: \_\_\_\_\_ Pass: \_\_\_\_\_ Fail: \_\_\_\_\_