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| **Skill Sheet** |
| **Combat Application Tourniquet (C-A-T)** |
| **Objective:** Demonstrate the proper application of a Combat Application Tourniquet |
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| **References:** |
| PHTLS (Military Edition) Eighth Edition, Jones and Bartlett |
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| **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. |
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| **Materials:** |
| Student Checklists |
| Combat Application Tourniquets  Students perform on each other |
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| **Instructor Guidelines:** |
| 1. Provide each instructor with Student Checklists. |
| 1. Ensure each student has all required materials. |
| 1. Read the Learning Objective and the evaluation method to the student. |
| 1. Explain the grading of the exercise. |
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| **Performance Steps:** |
| 1. Remove the C-A-T from the carrying pouch. |
| 1. Slide the extremity through the loop of the Self-Adhering Band or wrap the Self-Adhering Band around the extremity and re-route through friction adapter buckle. |
| 1. Position the C-A-T above the wound; leave at least 2 inches of uninjured skin between the C-A-T and the wound. |
| 1. 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). **Note: All the slack must be removed from the Self-Adhering Band before tightening the Windlass Rod.** 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. |
| 1. 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.* |
| 1. 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.*** |
| 1. Grasp the Windlass Strap, pull it tight and adhere it to the Velcro on the Windlass Clip. |
| 1. Release and remove the tourniquet. |
| 1. 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**

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| **Task** | **Completed** | | |
|  | 1st | 2nd | 3rd |
| 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**

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| Student Name: |  | | Date: | |  | | |
| Evaluator: |  | Pass: | |  | | Fail: |  |