

# FUNDAMENTAL TOURNIQUET DE-ESCALATION

## PHASE 1: ASSESS

- Tourniquet Traffic Light (Risk Assessment)
  - 0-2 Hrs (Safe): Low risk.
  - 2-4 Hrs (Unsafe): Reversible harm. Delayed recovery.
  - 4-6 Hrs (Critical): Permanent injury. Functional loss.
  - >6 Hrs (Terminal): Amputation.

## PHASE 2: CONVERT

- Suitability for TQ Conversion-Replacement Drill
  1. Trained provider (All Corps)
  2. < 2 hours since TQ application
  3. Anticipated TQ time >2 hours
  4. Wrist pulse present with rate  $\leq 100$
- Conduct early as possible within 2 hours of TQ application

## PHASE 3: MITIGATE

- If TQ conversion unable to be conducted
- Tourniquet Replacement to level 5cm above wound
- Cryotherapy (Limb exclusion hypothermia wrap)

**MOST LIMB BLEEDING CAN BE CONTROLLED BY  
COMPRESSION WOUND PACKING AND PRESSURE DRESSINGS**