

## M5: Control Bleeding

Based on:

**081-COM-1001-Evaluate a Casualty**

**081-COM-1048-Apply a Tourniquet to Control Extremity Bleeding**

**081-COM-0099-Apply a Hemostatic Dressing**

**081-COM-1054-Apply an Emergency Bandage**

**Task:** Evaluate a casualty using Tactical Field Care and control bleeding.

**Condition:** You are a member of a team on a combat patrol that has come under small arms fire. You witness a teammate in the open receive a gunshot wound to the (Grader will state the extremity). Your teammate was able to apply their own Tourniquet, move to you, and is responsive. You are behind cover, not under hostile fire, and security has been established. You have a Combat Lifesaver (CLS) bag and are not in a CBRNE environment.

**Standard:** Perform all tasks to standard, in sequence, within five minutes, without causing further injury.

**Station Requirements:** A simulated casualty; either an actual Soldier or mannequin (with all extremities), with a clearly visible simulated extremity wound and an applied CAT. The casualty will be in a full combat uniform per Unit SOP, including weapon and a fully packed Improved First Aid Kit (IFAK). An additional, deep, non-arterial wound should be made visible, or the Grader should provide a prompt during the Candidate's blood sweep. Casualty should be positioned on the ground where the Candidate will apply aid. A CLS bag including an extra CAT, at least two Combat Gauzes, and appropriate bandages and dressings. Provide the Candidate with, or ensure the Candidate has a watch with the correct date and time.

1. Perform a blood sweep of the extremities, neck, armpits, and groin areas. Expose wounds if bleeding is detected. **If the second wound is not simulated, the Grader will identify the location during the blood sweep. If the Candidate fails to sweep that area or detect the wound, they are a NO-GO.**
2. Reassess any tourniquets placed during Care under Fire to ensure they are still effective. **Grader will state, "The wound spurts blood when the limb is moved."**
  - a. Attempt to further tighten the CAT until bleeding stops. Candidate will verbalize this and will ensure to not overtighten if using an actual Soldier as a casualty. **Grader will state, "The CAT is still ineffective."**
  - b. Place a second CAT, from the casualty's IFAK, side-by-side but above the other tourniquet.
    1. Route the band around the limb side-by-side but above the first tourniquet.
    2. Pass the red tip through the inside slit in the buckle then pull the band as tight as possible and secure the Velcro back on itself all the way around the limb, but not over the rod clips.
    3. Twist the windlass until the bleeding stops. **Candidate will verbalize** this and will ensure to not overtighten if using an actual Soldier as a casualty.
    4. Secure the windlass rod inside the windlass clip and lock it into place then continue to route the self-adhering band between the windlass clips and over the windlass rod. Secure the rod and band with the windlass strap, if possible.
    5. Assess for absence of a distal pulse. Candidate should perform and verbalize with proper technique. Pulse must be taken with skin-to-skin contact and not using their thumb.
    6. Place a "T" and the time of the application on the casualty with a marker (provided in casualty's IFAK). This can be simulated and verbalized, or a piece of lamination can be applied to the casualty's forehead so each Candidate can perform the task.
    7. Secure the CAT in place with tape (provided in casualty's IFAK) using one full wrap.
  - c. Apply an emergency bandage.
    1. Place the white portion of the bandage down covering all the wound.
    2. Wrap the elastic portion of the bandage around the extremity and insert it into the pressure bar. Pull the bandage in the opposite direction and apply pressure with the pressure bar over the wound and continue to wrap the wound tightly ensuring all edges of the wound pad are covered. *Note: Ensure bandage is applied firmly enough to prevent slipping without causing a tourniquet-like effect.*
    3. Secure the closure bar of the bandage.
3. Apply a hemostatic dressing to the major non-arterial wound that is bleeding heavily.
  - a. Expose the wound by opening or cutting away the casualty's clothing or equipment.
  - b. Pack Combat Gauze tightly into the wound over the site most actively bleeding. *Note: If possible, remove excess blood from the wound with a cotton gauze while preserving any clots that may have*

*formed.*

- c. Pack the wound with the entire dressing.
- d. Apply direct pressure for 3 minutes; periodically check dressing to ensure placement and bleeding control.

**When performed correctly, Grader will state, "Three minutes has elapsed, and wound is still bleeding."**

- e. Pack second Combat Gauze into wound. **When performed correctly, Grader will state, "Bleeding is under control."**
- f. Secure the hemostatic dressing in place with a pressure dressing (as per steps c1 – c3 above).