

WHAT TOURNIQUET TO USE?

The ideal tourniquet has some elasticity and a smooth, wide surface area.



Using a thin, ropey tourniquet or allowing your tourniquet to bunch up and twist when you tighten it can damage your veins or cause them to roll.



Try to ensure the tourniquet forms a smooth, continuously wide band all the way around your arm.

AVAILABLE AT PBHR WA



50 cents each



\$2 each



\$10 each

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TOURNIQUETS: A USERS' GUIDE



WHY USE A TOURNIQUET?

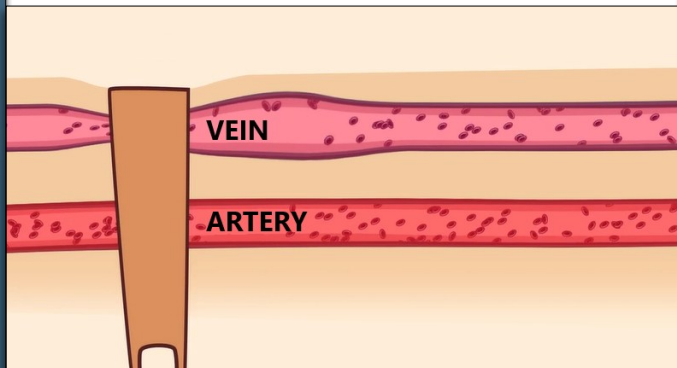
There are two ways tourniquets can help make it easier to inject:

- 1: They dilate veins, making them bigger so they are easier to find and inject into.
- 2: Dilating the veins helps to “anchor” them so they don’t roll around as much.

HOW DO THEY WORK?

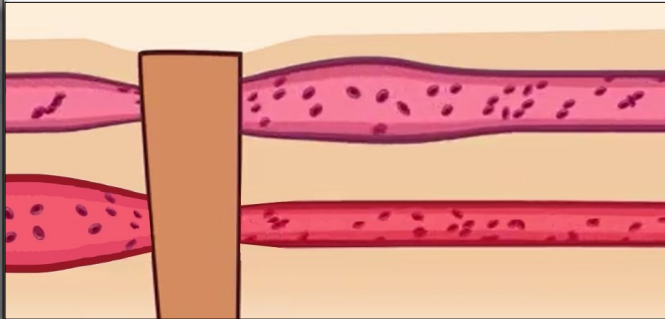
Blood flows into your arm through arteries and back out again through veins. The aim of applying a tourniquet is to temporarily block the blood from exiting while still allowing enough blood to continue flowing into your arm to then build up in the veins behind the tourniquet.

The vein becomes temporarily dilated and easier to access.

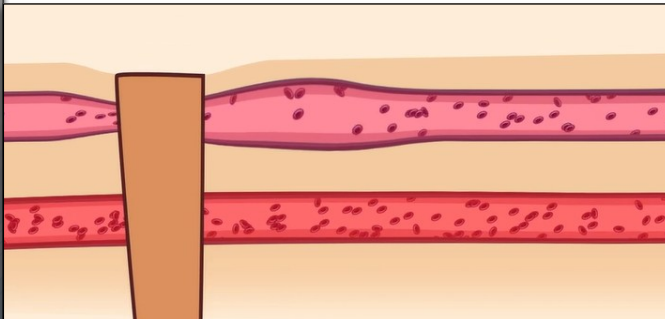


HOW TIGHT?

Your tourniquet should be tight enough to temporarily stop blood from leaving the arm but, if you apply it too tightly, you will also block the blood flow into the arm and the vein will not dilate. This defeats the purpose of using a tourniquet in the first place.



Tourniquet is so tight that it blocks arteries as well as veins, causing less blood pressure in the veins, making them harder to find.



Tourniquet is firm enough to block blood flow in veins but not in the arteries.



WATCH OUT FOR ARTERIES!

If you happen to hit upon an artery by mistake, you will know: if the blood is frothy, if the shot hurts or if the blood is bright red and oxygenated (instead of dark red like venous blood) and gushes or pulses into the syringe. Do not continue the shot. It could lead to thrombosis of the artery or a serious infection. Only inject into veins.



ARTERIAL



VENOUS

WATCH OUT FOR ARTERIES!

1. Place the tourniquet high above your site and tighten it gently.
2. Give your veins a minute to fill up with blood and dilate.
3. Once the needle is in the vein, release the tourniquet. If you push the plunger before releasing the tourniquet, you risk damaging the vein or causing backflow into the surrounding tissues.
4. If you find it difficult to release the clip on a quick-release tourniquet, try a stretch tourniquet. Clamp the tourniquet against the side of your body and then simply move your arm to release it.