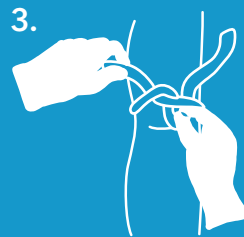


Tying off...

Tips for using tourniquets



How To

1. Place the tourniquet 5 to 10 cm above the injecting site.
2. You should be able to comfortably fit two fingers side by side under the tourniquet once it's tied.
3. If you feel your hand or arm going numb/turning blue, the blood supply has been cut off. Remove the tourniquet, reapply when ready to inject as long as feeling and colour has returned.
4. If the tourniquet has been tied for longer than 3 minutes release it and allow blood flow to get going again.
5. Release the tourniquet before injecting.

Pro Tips

1. Keeping the tourniquet tied while injecting can cause MISSED HITS and LOSS OF TASTE due to added vein pressure.
2. DON'T SHARE TOURNIQUETS, this can lead to Blood Borne Virus i.e. HIV or Hep C.
3. Use a marker to help identify your tourniquet.
4. Rubber Tourniquet are SINGLE USE only.
5. To remove bacteria clean the tourniquet by wiping down the length with a swab. Use a new swab per wipe.



Blood-Borne
Virus Awareness



Needle and
Syringe Program

For more information call Anglicare Tasmania on
1800 243 232 or scan the QR codes to visit our website.

