

## TCCC-AC

### SOF Tactical Tourniquet (SOFTT) Skill Sheet

**Objective:** Demonstrate the proper application of a SOF Tactical Tourniquet.

**References:**

TCCC-AC Curriculum

**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 SOF Tactical Tourniquet to an extremity of him/herself or a fellow student by observing the student's procedure and technique.

**Materials:**

Student Checklists

SOF Tactical Tourniquets

TCCC Cards

Students perform on each other

**Instructor Guidelines:**

1. Provide each instructor with Student Checklists.
2. Ensure each student has all required materials.
3. Read the Learning Objective and the evaluation method to the student.
4. Explain the grading of the exercise.

**Performance Steps:**

1. Remove the SOFTT from the carrying pouch.
2. Slide the extremity through the tourniquet loop or pull the strap out of the buckle, slide the SOFTT around the extremity and re-route the strap through the buckle.
3. Position the SOFTT above the wound; leave at least 2 inches of uninjured skin between the SOFTT and the wound.
4. Pull the free end of the strap until all the slack has been pulled out.
5. Twist the aluminum windlass until the bleeding stops. When the tactical situation permits insure the distal pulse is no longer palpable.
6. ***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 SOFTT. If pain becomes too severe, discontinue the tourniquet application.***
7. Secure the windlass in either of the two tri-rings.
8. Tighten the safety screw.
9. Record time of application on the label on the end of the strap and on the TCCC Card.

## Control Bleeding using a SOF Tactical Tourniquet

Task	Completed		
	1st	2nd	3 <sup>rd</sup>
Slid the wounded extremity through the tourniquet loop or pulled the strap out of the buckle, slide the SOFTT around the extremity and re-routed the strap through the buckle.	P / F	P / F	P / F
Positioned the SOFTT above simulated wound site; left at least 2 inches of uninjured skin between the SOFTT and the wound site.	P / F	P / F	P / F
Pulled all slack out of the tourniquet loop.	P / F	P / F	P / F
Twisted the windlass until the distal pulse was no longer palpable.	P / F	P / F	P / F
Secured the windlass in one of the tri-rings.	P / F	P / F	P / F
Tightened the safety screw.	P / F	P / F	P / F
Recorded time of application on the strap label and the TCCC Card	P / F	P / F	P / F

### Critical Criteria:

\_\_\_\_\_ Did not place the SOFTT 2-3 inches above the wound.

\_\_\_\_\_ Did not twist the windlass sufficiently to eliminate the distal pulse.

\_\_\_\_\_ Did not tighten the safety screw.

**Evaluator's Comments:**

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Evaluator: \_\_\_\_\_ Pass: \_\_\_\_\_ Fail: \_\_\_\_\_