LESSON PLANNING AID

Subject: **Ranger Life Saver**
Combat Application Tourniquet (C.A.T.)

Version: 05/11/2018

Duration: 180 mins

Area: Outdoor classroom

Materials: Blue training C.A.T.s

Structure:

Duration	Subject	Type of instruction
15 mins	Introduction	
55 mins	C.A.T. Self Looped	EDIP
50 mins	C.A.T. Self Routed	EDIP
30 mins	C.A.T. Buddy Looped	EDIP
25 mins	C.A.T. Buddy Routed	EDIP
5 mins	Conclusion	

Risk Level:

low	possible	probable	high	very high
X				

Details on risk level and risk mitigation on the last page

INTRODUCTION

Storytelling	*Tell a story from your own experience, in which the relevance of this lesson is illustrated*
Motivation	In order to stop catastrophic bleeding on an extremity (arm or leg) we will have to apply a tourniquet
Aim of the lesson	The aim of my lesson therefore is to teach you how to apply a Combat Application Tourniquet to an arm or leg, on yourself or your buddy.

EXPLAIN

Explain	EXPLAIN the purpose of a tourniquet EXPLAIN the 6-hour limit of application EXPLAIN the main features of the C-A-T, i.e. strap, stick, clip, time strap. EXPLAIN storing the C-A-T in the quick configuration (folding it up ready for deployment) *Confirm after each explanation through questions!*
Questions from students	*Answer any questions relating to what you just explained. Make sure everyone is involved. Give back questions to the class where possible.*
Questions to students	• Name the main features of the C.A.T. • On what body parts do we apply a C.A.T. tourniquet? • How long can an C.A.T. be applied before it causes potential tissue damage?

EXPLAIN, DEMONSTRATE, IMITATE, PRACTICE

EDIP C.A.T. Self Looped	***Demonstrate*** *self looping the C.A.T. pay special attention to the tightness of the tourniquet. High and tight!* *Have the students* ***imitate*** *step-by-step the self looping application of the C.A.T. First small steps, then bigger steps. Finalize with the whole application done at once.* ***Practice*** *the C.A.T. self looping application until all students can perform the application without flaws. Be critical and provide good feedback.*

EDIP C.A.T. Self Routed	*Demonstrate self routing the C.A.T. pay special attention to the tightness of the tourniquet. High and tight!* *Have the students imitate step-by-step the self routing application of the C.A.T. First small steps, then bigger steps. Finalize with the whole application done at once.* *Practice the C.A.T. self routing application until all students can perform the application without flaws. Be critical and provide good feedback.*
EDIP C.A.T. Buddy Looped	*monstrate buddy looping the C.A.T. pay special attention to the tightness of the tourniquet. High and tight!* *Have the students imitate step-by-step the buddy looping application of the C.A.T. First small steps, then bigger steps. Finalize with the whole application done at once.* *Practice the C.A.T. buddy looping application until all students can perform the application without flaws. Be critical and provide good feedback.*
EDIP C.A.T. Buddy Routed	*Demonstrate buddy routing the C.A.T. pay special attention to the tightness of the tourniquet. High and tight!* *Have the students imitate step-by-step the buddy routing application of the C.A.T. First small steps, then bigger steps. Finalize with the whole application done at once.* *Practice the C.A.T. buddy routing application until all students can perform the application without flaws. Be critical and provide good feedback.*
Questions from students	*Answer any questions relating to what you just explained. Make sure everyone is involved. Give back questions to the class as much as you can.*
Questions to students	• Name the main features of the C.A.T. • On what body parts do we apply a C.A.T. tourniquet? • How long can an C.A.T. be applied before it causes potential tissue damage?

CONCLUSION

Questions from students	*Answer any questions relating to the entire lesson. Make sure everyone is involved. Give back questions to the class as much as you can.*
Questions to students	• Name the main features of the C.A.T. • On what body parts do we apply a C.A.T. tourniquet? • How long can an C.A.T. be applied before it causes potential tissue damage? *Give an opportunity to students that have not answered yet, or are struggling*
Summary	If we find catastrophic bleeding on an arm or leg during the blood sweep, we have to immediately stop the bleeding it by applying a tourniquet. We can either apply a tourniquet on ourselves or on our buddy. Remember all the steps and make sure the tourniquet is high and tight!
Post lesson admin	N/A

RISK MANAGEMENT

Risk item	Level	Mitigating measure	Residual risk lvl.
No risks associated with this training			
		Overall risk with mitigating measures in place	