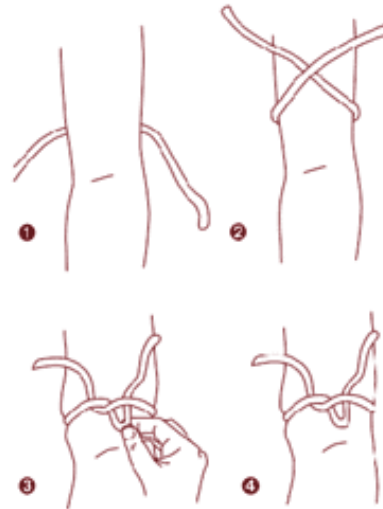


Tourniquets/Ties



What are they used for?

Tourniquets are used to 'tie off' or constrict blood flow so that veins are easy to see.

Practice:

Tourniquets should only be used if you are unable to find a vein.

There are other ways to find veins, such as:

- Clenching and re-clenching the fist
- Push ups
- Slapping the vein
- Taking a hot bath

How they are used:

It is best to tie a slipknot so that the tourniquet can be removed quickly.

Risks:

- Using things like belts, ropes, bandanas and wire can lead to vein damage and increase chance of overdosing.
- Leaving tourniquets on after injection stops circulation and can be very harmful.