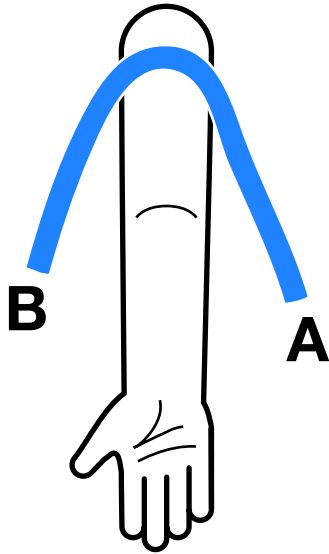


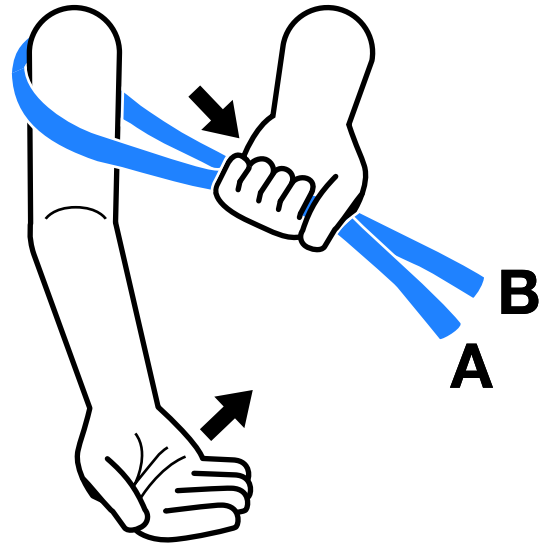
# QUICK RELEASE TOURNIQUET METHOD

1.



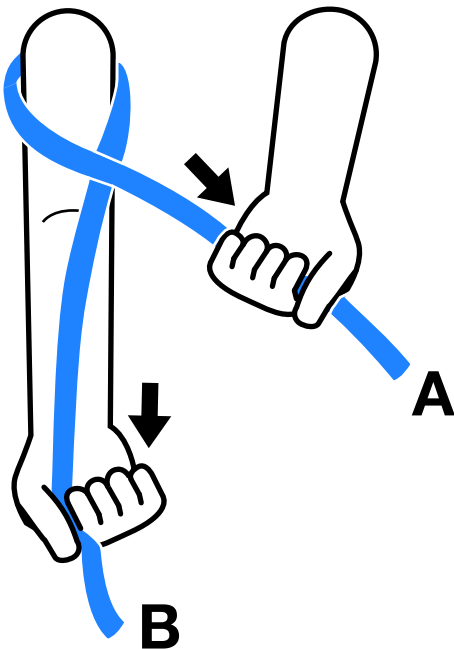
Put arm out palm facing up & place tie over bicep with ends hanging on each side.

2.



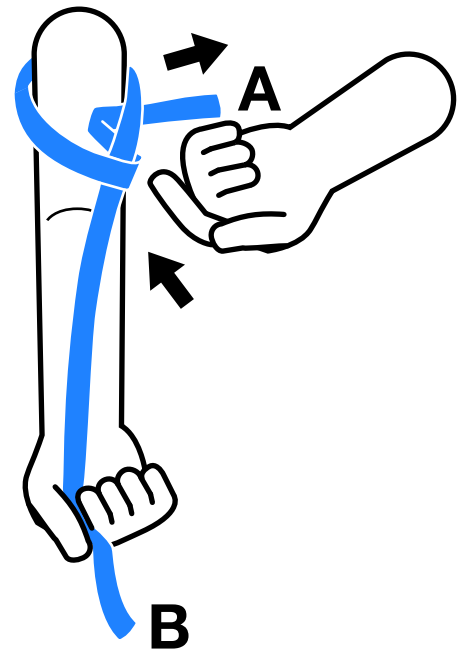
Grab both ends with opposite hand and pull to stretch out.

3.



Use the free hand (from the arm you are injecting into) to grab the bottom tie.

4.



Using the opposite hand, pull the top tie tightly to cross over and tuck under the bottom tie.