

The **Hema-T™** is a tourniquet intended to be used in cases of bleeding from an open wound of an arm or a leg.

It is used to prevent life-threatening blood loss.

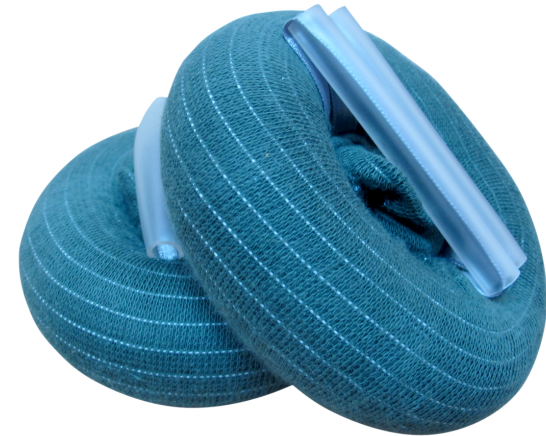
The **Hema-T™** can be self-applied or applied by a caregiver. The application is effortless and takes less than a minute, not requiring previous knowledge.

If the limb is unstable (fractured), two caregivers are needed; one to apply axial traction and the other to apply the tourniquet. Each product package has one yellow sticker to write the time of application and put on the patient's visible areas.

The **Hema-T™** can stay on a limb for up to two hours. If longer evacuation time is needed, the **Hema-T™** can be rolled down while applying direct manual pressure on the bleeding injury. After 10 minutes the **Hema-T™** can be re-rolled up over the injury site. Note that the shoe must come off for placing the **Hema-T™** on a leg, but there is no need to remove pants or pull up the shirt sleeve when placing it on the upper limb.



Stop the Bleed Tourniquet



 **MANUFACTURER**  
Oneg HaKarmel Ltd.  
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**USA REPRESENTATIVE**  
OHK Medical Devices Inc.  
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**EU IMPORTER**  
100MED d.o.o.  
Sejmiška 91230, Domžale,  
Slovenia

 Humidity <60% RH

 7°-28°C | 45°-83°F

 Single Use





MK00129

USER GUIDE

www.Hema-T.com

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# HEMA-T TOURNIQUET APPLICATION

Open the pouch and remove the tourniquet. Inside the pouch, you will find a yellow sticker to record the time the Hema-T™ is applied to the limb.

## Self-application on the upper limb

Pinch the fingers of the injured arm together, place the tourniquet around the fingers, and push slightly just to insert it over the fingers.

Now, pull the device up the arm by pulling on the straps only. Do not pull it outward, but parallel to the arm, upwards. Pull up to the highest point on the arm.

Pay attention to the time you started wearing the tourniquet and write it down on the yellow sticker provided in the pouch. Stick it on a visible area of your body.

In the case of a bone fracture, a second person is needed to assist in the application.

Even if the wound is close to the wrist, the tourniquet must reach the highest possible point on the arm.

Wait one minute and check that the blood flow stops, that there is no blood loss, and the hand turns pale (it's easier to check by comparing the hands/fingers with the other hand).

## Self-application on the lower limb

Remove the shoe of the injured leg. Place the tourniquet over the toes of the injured leg. Note that the handles should be facing towards the upper and lower part of the sole. Push a little just to get it past the toes.

Now, using only the straps, pull the device up the leg. Do not pull the straps outwards, but only parallel to the leg, upwards. The tourniquet can be placed 15 cm above the ankle for foot injuries, or position the tourniquet on the highest possible point on the thigh preferably in the groin.

Pay attention to the time you start wearing the tourniquet and write it down on the yellow sticker provided in the pouch. Stick it on your forehead.

In the case of a bone fracture, a second person is needed to assist in the application.

Wait one minute and check that the blood flow stops, that there is no blood loss, and that the foot turns pale (it's easier to check by comparing the foot/toes with the other foot).

## Upper limb application by another person

Pinch the fingers of the injured arm together, place the tourniquet over the fingers, and push slightly just to insert it around the fingers.

Now, pull the device up to the arm by pulling on the straps. Do not pull it outward, but parallel to the arm, upwards. Pull up to the highest point on the arm.

Pay attention to the time that the tourniquet was applied, and write it down on the yellow sticker provided in the pouch. Stick it on the forehead of the injured person.

In the case of a bone fracture, a second person should apply axial traction (pull the limb to straighten it). Even if the wound is close to the wrist, the tourniquet must reach the highest possible point on the arm.

Wait one minute and check that the blood flow stops, that there is no blood loss, and the hand turns pale (it's easier to check by comparing the hands/fingers with the other hand).

## Lower limb application by another person

Remove the shoe of the injured leg. Place the tourniquet over the toes of the injured leg. Note that the handles should be facing the upper and lower part of the sole. Push a little just to get it past the toes.

Now, using only the straps, pull the device up the leg. Do not pull the straps outwards, but only parallel to the leg, upwards. The tourniquet can be placed 15 cm from the ankle if the injury is on the foot, or to the highest possible point on the thigh preferably in the groin.

Pay attention to the time the tourniquet was applied and write it down on the yellow sticker provided in the pouch. Stick it on the forehead of the injured person.

In the case of a bone fracture, a second person should apply axial traction (pull the limb to straighten it).

Wait one minute and check that the blood flow stops, that there is no blood loss, and that the foot turns pale (it's easier to check by comparing the foot/toes with the other foot).

**If the blood flow has not stopped, please remove the tourniquet.**

**Contraindications: deep vein thrombosis**

